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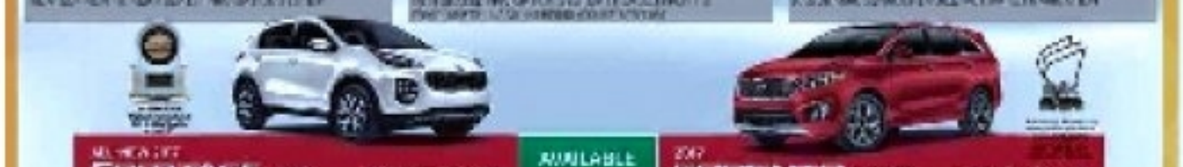

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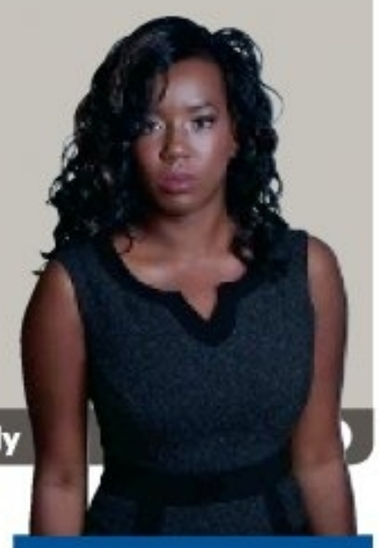

Could this happen here?

Expert weighs in on whether a Trump-like candidate could win in B.C.

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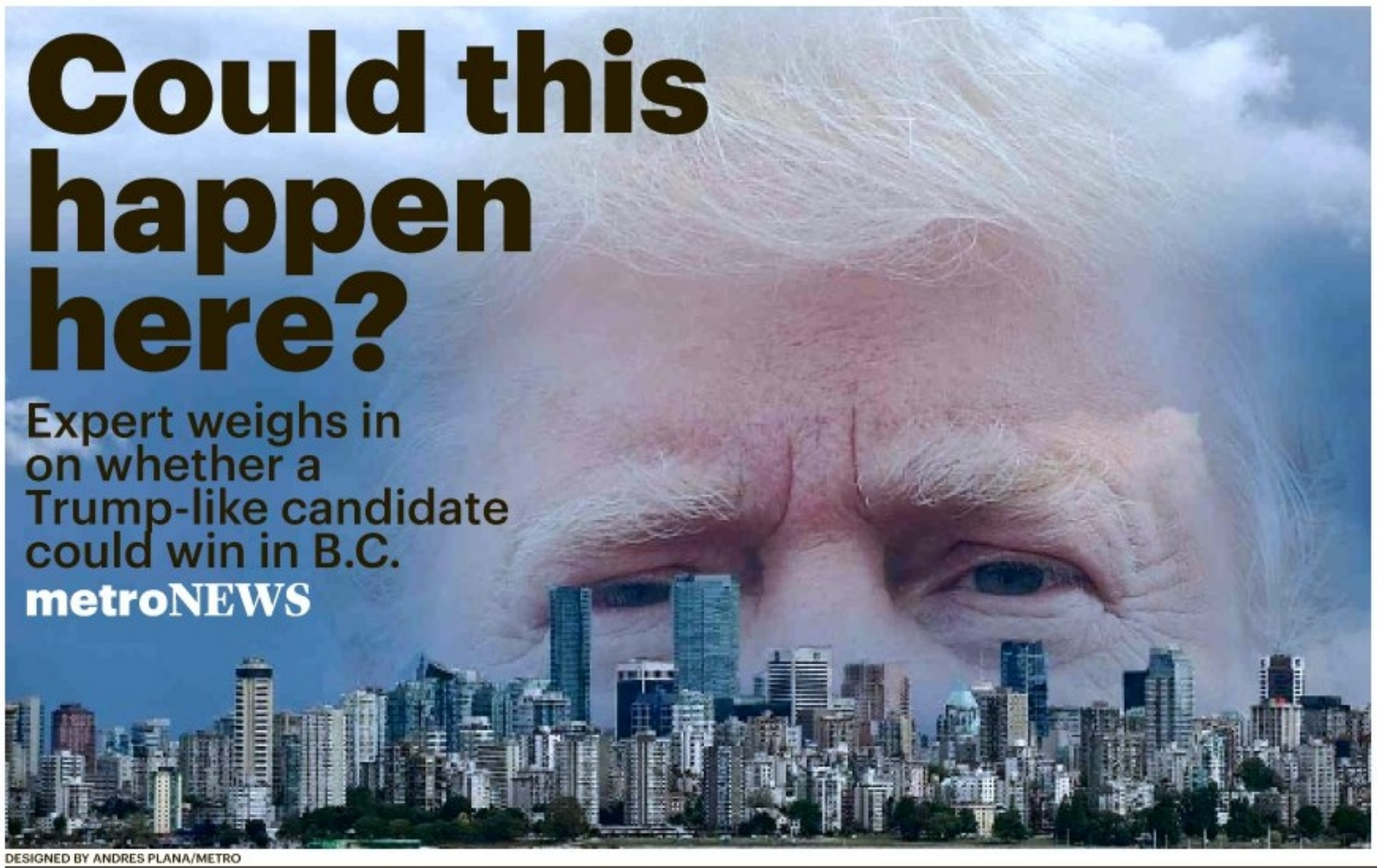

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Vancouver set to become first jurisdiction in Canada to impose empty home tax

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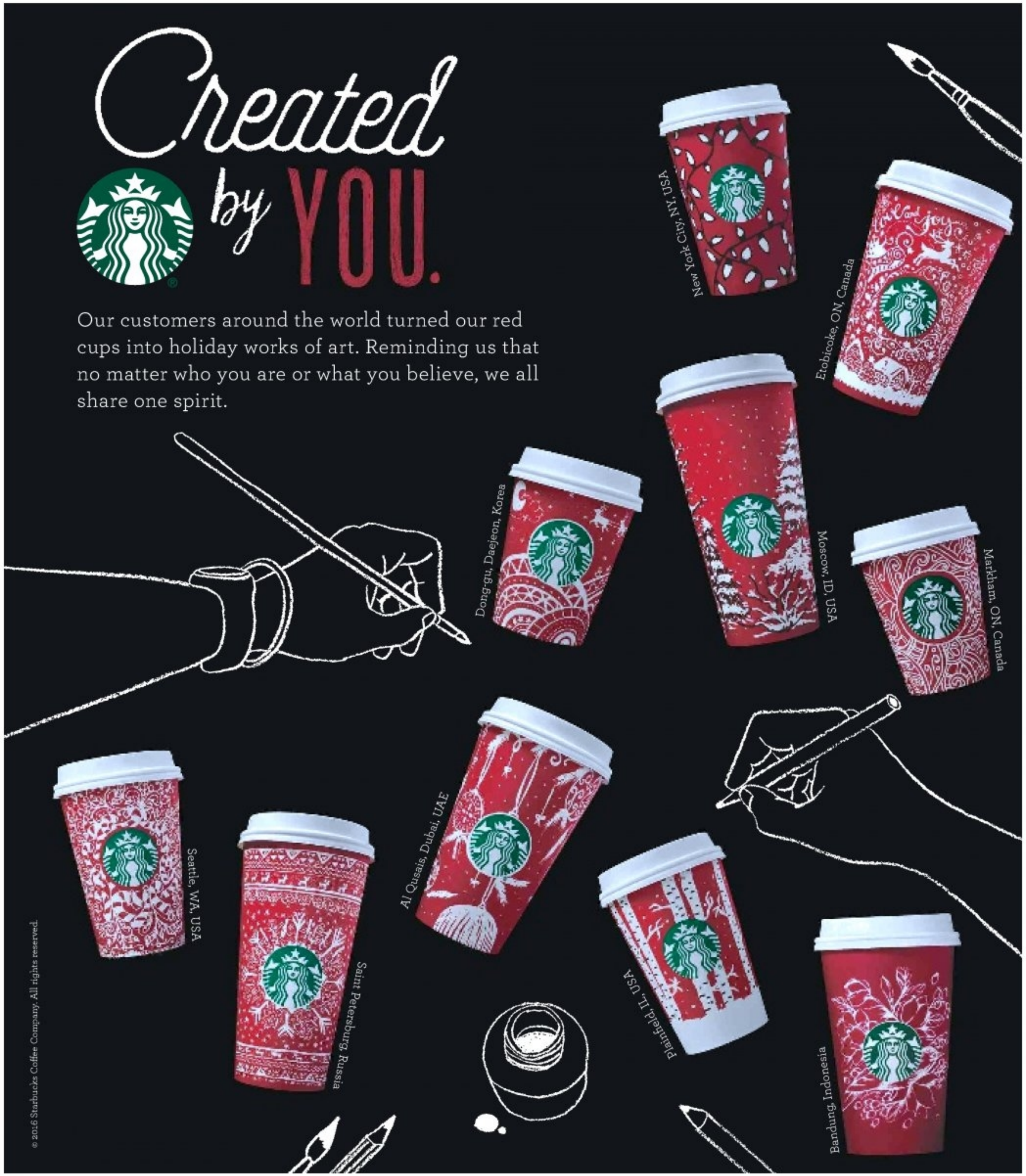

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metro NEWS
Your essential daily news
Metro returns on Monday.

Empty homes tax heads to vote

REAL ESTATE

Mayor hopes measure will help relieve city housing crisis

Matt Kieltyka
Metro | Vancouver

Vancouver is set to become the first jurisdiction in Canada to impose an empty-homes tax in response to the city's housing affordability crisis.

City council will vote Tuesday on the tax, which would see homeowners taxed one per cent of their property's assessed value if it is not their primary residence and is left unoccupied for most of the year.

The proposed tax, unveiled Wednesday, is higher than the city's base property tax rate of 0.3 per cent.

Combined, both taxes would be roughly equal the commercial property tax rate.

A study commissioned by the city found 10,800 homes are left empty year-round, amplifying Vancouver's record-low rental vacancy rate (0.6 per cent) and national-high housing prices.

"It's absolutely unacceptable for all that housing to be treated as a commodity first, as a business holding, when housing is in such short supply. We are in a housing crisis here and we need to take action," said Mayor Gregor Robertson.

"First and foremost, the empty homes tax is about boosting rental supply and making sure that we increase the vacancy rate, to a healthier level."

If approved, residents will be required to self-declare their property's status starting in 2017.

If the property is their primary residence or is being rented out long-term, owners will not be subject to the tax.

If owners don't meet a narrow list of criteria for exemption, they'll be forced to pay the empty homes tax.

Under the framework, a million dollar home would be subject to $3,165 in property tax and $10,000 in empty home tax.

City staff believe the tax will generate enough revenue to cover the $1.5 million it will cost annually to administer (the estimated start-up cost is $4.7 million) and still have enough money left over to go into affordable housing projects.

University of British Columbia School of Population Health professor Paul Kershaw, the founder of Generation Squeeze, believes the tax is a step in the right direction.

"Is it going to solve our problems? No. But let's think about the idea that there are 10,800 homes right now that are unoccupied for 12 months straight," he said.

"Even if this tax were to nudge half of those to get into the market right now, that is a larger intervention than what the entire province of B.C. is proposing to do with its investments in new housing. So that can be a significant shift in supply, it can do some things to ease the pressures on the rental vacancy rate."

EMPTY HOMES TAX

What is it?
A one per cent tax on vacant homes

Why?
To incentivize homeowners to rent out properties and add to the city's limited housing stock.

Why one per cent?
Property taxes and the Empty Home tax combined are equivalent to the city's commercial property tax, signifying the property is an investment rather than a home.

Who does it apply to?
Properties that aren't primary residences or being rented out long-term (30 consecutive days, for six months or more).

Are there exemptions?
Yes, eight categories that include properties undergoing major renovations, owners undergoing medical care, owners that are deceased and condominiums where stratas have existing rental restrictions.

How will the city know homes are vacant?
Homeowners will be required to self-declare the status of their home each year.

What if they don't?
They'll be charged the tax.

What if they lie?
They could be audited, based on risk. Fines for false declaration can be **up to $10,000 per day** of the continuing offence.

How many empty homes are there in Vancouver?
A survey commissioned by the city **estimated some 10,800 empty homes**, out of more than 220,000 residential properties.

What if they don't pay?
They'll be subject to a five per cent late fee and can be prosecuted in court.

When does it start?
If approved by council next week, the tax will take effect **Jan. 1, 2017** with **first payments due April 15, 2018.**

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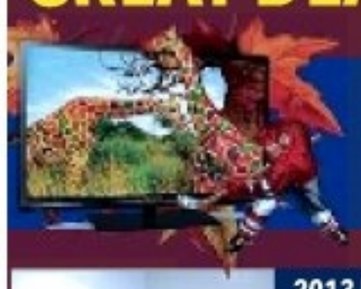

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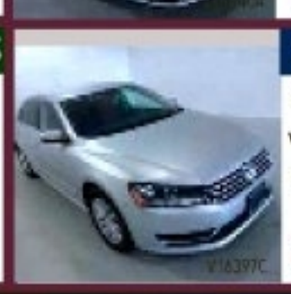

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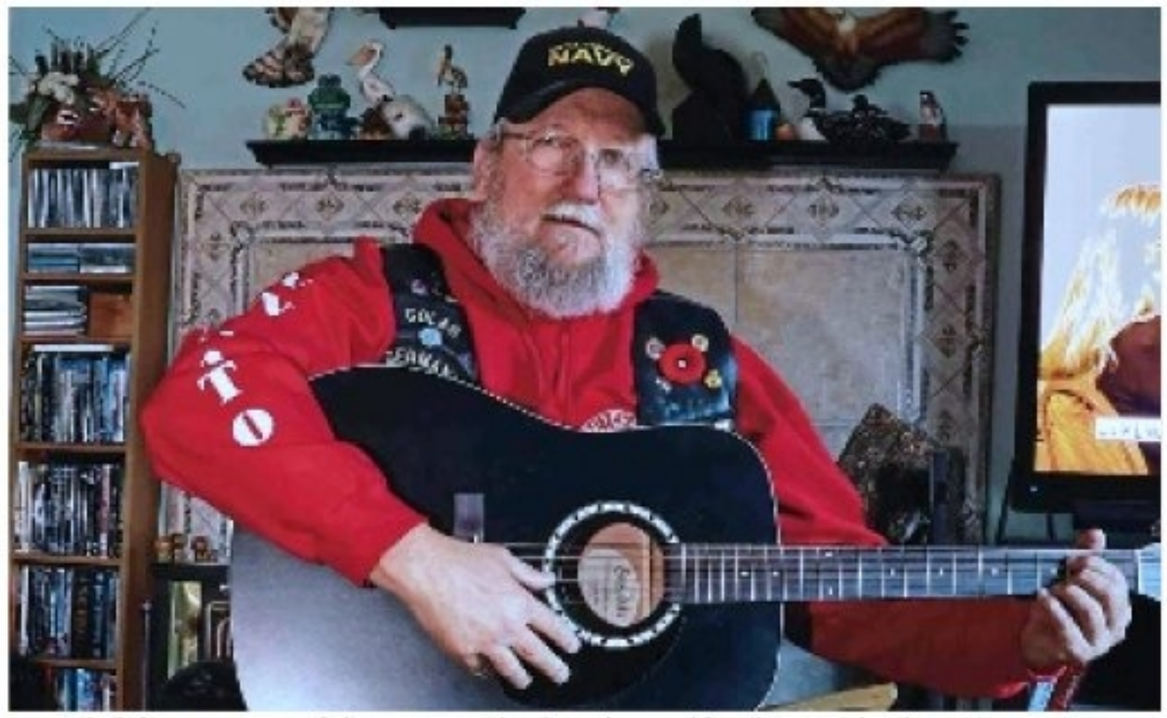

Larry Quigley, a veteran of the navy, received a guitar and free lessons thanks to Veterans Emergency Transition Services (VETS) Canada's Guitars for Vets program. CONTRIBUTED

This Vet program has struck a chord

REMEMBRANCE DAY

Musical drive explores the PTSD-healing power of music

David P. Ball
Metro | Vancouver

A program that started with one veteran in Dartmouth, N.S., is striking a chord with his comrades on the West Coast as Remembrance Day approaches.

"This is a great thing that they're doing," said Canadian navy veteran Larry Quigley in a phone interview on Wednesday — the same day he received an electric guitar and amp in the mail at his Sooke, B.C., home thanks to Veterans Emergency Transition Services (VETS) Canada. "I'm alone a lot, playing music gives me something to do that's positive, and it relaxes me."

The 59-year-old former military supply technician served in Germany, in the First Gulf War, in Bosnia, and the Israel-occupied Golan Heights as a peacekeeper.

He joined the Canadian Forces at age 24 hoping for some self-discipline. But since being discharged in 1997 as a result of having a heart attack on board a ship three years earlier, Quigley entered a period of deep depression. "After I was released medically, I suffered a lot of stress over losing my job. If you can't be at sea or fight, they drop you. You lose yourself. That leads to depression."

Since his discharge, he's become an active member of the cross-Canada group UN/Nato Veterans and has found a community that not only supports each other — but has found healing through acts of service for other veterans, helping heal the mental wounds that often come with serving one's country.

He learned about VETS Canada's program Guitars for Vets, which connects veterans with free guitar lessons — either online through custom-made videos, or volunteer instructors locally — and donated guitars. The initiative has partnered with music chain Long and McQuade, too, which donated guitar rental vouchers for those awaiting a donated instrument.

That's what Quigley did for a month, with an acoustic guitar and VETS Canada's video tutorials, until his donated electric arrived at his doorstep on Wednesday, two days before Remembrance Day.

> **We know the amazing things it can do for people living with PTSD.**
> Kate Bessette, VETS program

"We connect veterans of the armed forces and the RCMP who live with post-traumatic stress disorder or other service-related disabilities with a volunteer guitar instructors," explained VETS Canada's administration and program manager Kate Bessette, in a phone interview from the group's Dartmouth headquarters.

"We want them to be able to explore the healing powers of music. "We know the amazing things it can do for people living with PTSD. A lot of vets have found out through word of mouth in the veterans' community. People are looking at different ways to cope with their service-related injuries."

The program is the brainchild of VETS Canada's founder, Jim Lowther, a 17-year army veteran who started the organization with his wife in 2010.

He was a peacekeeper in Bosnia, as well as a sniper in the Persian Gulf after Sept. 11, 2001. But his service left him with invisible mental wounds that began to tear at his life and family.

Lowther found healing through learning guitar, and helping other veterans who, like him, were struggling mentally after completing their service. He wanted others like him to have the chance to discover music's transformative impact, and guitar is a relatively easy instrument to learn.

"Jim put a call out to the community for everyone with a dusty guitar in their basement," Bessette explained. "People stepped forward across the country, and others volunteered to teach." Since starting Guitars for Vets several years ago, the group has given out more than 700 guitars across Canada and currently has 250 students enrolled. But in B.C., the program is still in its infancy, despite 20 veterans participating in the province, particularly in areas with military bases.

"If it could happen more here on the West Coast, it'd be a great thing," Quigley said. "I want to help it out here as well, even to get together as a little group and play music and connect."

More information about VETS Canada's Guitars for Vets program, and about volunteer opportunities, can be found at vetscanada.org.

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Stabbing accused stays silent

CRIME

Judge orders case to move ahead to set date for trial

The case against a man accused of stabbing two girls at an Abbotsford, B.C., high school will move ahead despite the man's persistent silence, a judge says.

The court heard on Wednesday that Gabriel Klein, 21, hasn't spoken with counsel nor responded to questions put to him during any of his three court appearances since his arrest on Nov. 1.

Klein faces one charge each of second-degree murder and aggravated assault linked to what police have said was a random attack that killed Grade 9 student Letisha Reimer, 13, and injured another girl. The identity of the second girl is protected under a publication ban.

Klein was first scheduled to appear in court last Wednesday, the day after the two girls were attacked in the front entrance of Abbotsford Senior Secondary. But it ended before it began because he would not leave the courthouse cells to appear in person, the court heard.

Letisha Reimer is shown in a photo, part of a memorial to her outside Abbotsford Senior Secondary School on Monday. GEORDON OMAND/THE CANADIAN PRESS

Gabriel Klein just hours prior to the attack. THE CANADIAN PRESS

"This is not a voluntary system we're in. It's a coercive system," B.C. provincial court Judge Richard Miller told the court.

"He's in custody and the proceedings are going to proceed at pace."

Klein arrived in provincial court in Surrey on Wednesday in a wheelchair and covered in a blanket. He rocked back and forth and showed no reaction as Miller asked him several times whether he had anything to say.

"Given your silence on these issues, I don't see any alternative available to me other than to send you to the next step," Miller said, speaking to Klein.

He ordered that the accused be sent to B.C. Supreme Court in order for a date to be set for a trial before a judge and jury.

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Fighting fentanyl in the streets

PUBLIC HEALTH

Volunteers are combating overdoses and saving lives

David P. Ball
Metro | Vancouver

Hugh Lampkin insisted he's no hero.

"There's lots of us who have brought people back," he told Metro on Wednesday, as he prepared to train hundreds of people how to save lives with naloxone, an anti-overdose injection. "One fellow I know in Surrey has used his naloxone 90-something times.

"I've just done about 20. I'd say definitely 50 per cent of them probably wouldn't have made it otherwise."

Nurse Sally Krupp and VANDU's Samona Marsh demonstrate how to administer naloxone at an all-day opiate overdose response training session. JENNIFER GAUTHIER/METRO

Lampkin, a member of the Vancouver Area Network of Drug Users (VANDU), was one of a handful of experienced volunteer trainers who's shared knowledge with a growing number of Vancouverites lining up to attend naloxone trainings — amidst a fentanyl overdose crisis that's already taken more than 500 lives across B.C. this year.

He remembers his first life saved.

"The first time I did it was about 2012," Lampkin recalled. "Naloxone wasn't in (most people's) vocabulary at the time, but we had some we'd brought back from a conference we went to from street nurses."

Late one night four years ago, he said, someone ran into VANDU's East Hastings Street office to report an overdose up the street. The victim had no pulse.

"I ran over and the person was flat-lined," he said. Lampkin ran back to VANDU, grabbed some naloxone, administered it and performed CPR. By the time the first responders arrived, the victim was breathing again but still unconscious.

"He was alive," he said. "It felt really good.

> **If someone has overdosed, they could be flat-lining ... but (naloxone) can bring them back to life.**
> Malcolm Tourangeau, Vancouver Area Network of Drug Users

"The next day he came back for his shoes which had fallen off. He thanked me and I gave him back his shoes."

Lampkin is one of a cast of dozens of unsung heroes of B.C.'s addiction crisis. At Wednesday's training near Oppenheimer Park — organized by VANDU, the city, and Vancouver Coastal Health — another VANDU member recalled the first time she saved a life.

"I've saved just one," said Samona Marsh bashfully — someone she knew in the homeless tent city at 58 West Hastings St. But after she administered three naloxone shots, she started to question her confidence, despite having been trained.

"I thought he was dead," she said. "But you can't give up, right?

"I guess I was faking it — until I made it," she said, laughing. "After the fourth (injection), he started freaking right out. He was mad because he wasn't high any more. I felt bad because I know what it's like to be dope sick, but I was glad that he was alive."

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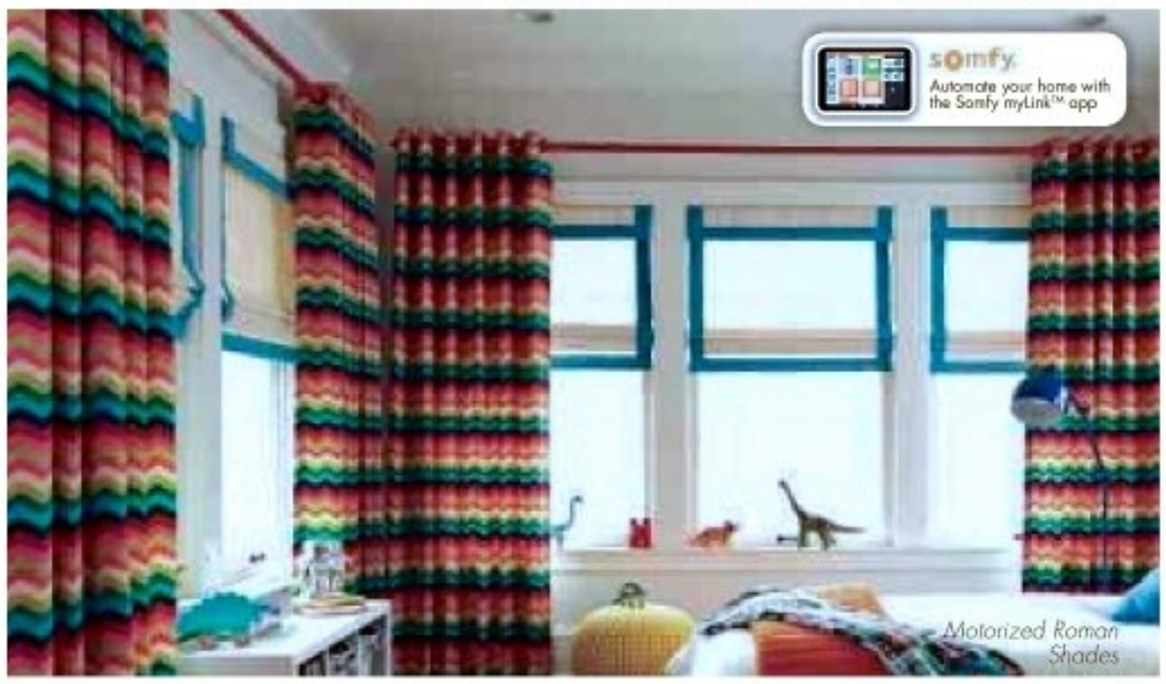

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Viaducts about to come down, Hogan's Alley plan may follow

GUEST SHOT

Event an archive for future black communities

Wayde Compton
For Metro | Vancouver

Expo Boulevard curves underneath the Georgia Street Viaduct on Aug. 6, 2015. JENNIFER GAUTHIER/METRO FILE

Last year Vancouver council voted to take the Georgia and Dunsmuir viaducts down. This was the culmination of years of study, spearheaded by Coun. Geoff Meggs of Vision Vancouver.

Before the vote, members of the public appeared before council to say a few words, to voice their hopes and concerns. They were so numerous that two days were required to accommodate everyone.

While a wide variety of opinions were aired, many of the people there insisted that in some way or other another, the new plans need to honour the history of Hogan's Alley — the neighbourhood that existed for decades at the site where the viaducts were built in the late 1960s, and which included a sizeable population of black Vancouverites.

I was at that meeting, and stated my hope for some sort of spatial restitution to a displacement I strongly believe was institutionalized racism.

The viaducts were part of an "urban renewal" scheme that fit a pattern of such plans all across North America during that era: freeways were slated to connect cities to their suburbs, and they were almost always run through black neighbourhoods — because black residents were considered expendable. In the case of Vancouver, Chinatown was also targeted.

But as it turned out, Vancouver's freeway plan was never realized, and the only portion built was the one that obliterated black centralization in the East End (or Strathcona, as it came to be called through this planning).

Since then, black Vancouverites continue to comprise about one per cent of the city's population. We were not driven out. But it is now difficult to locate us in the geography of the city, because our businesses, residences, and our centre was expunged.

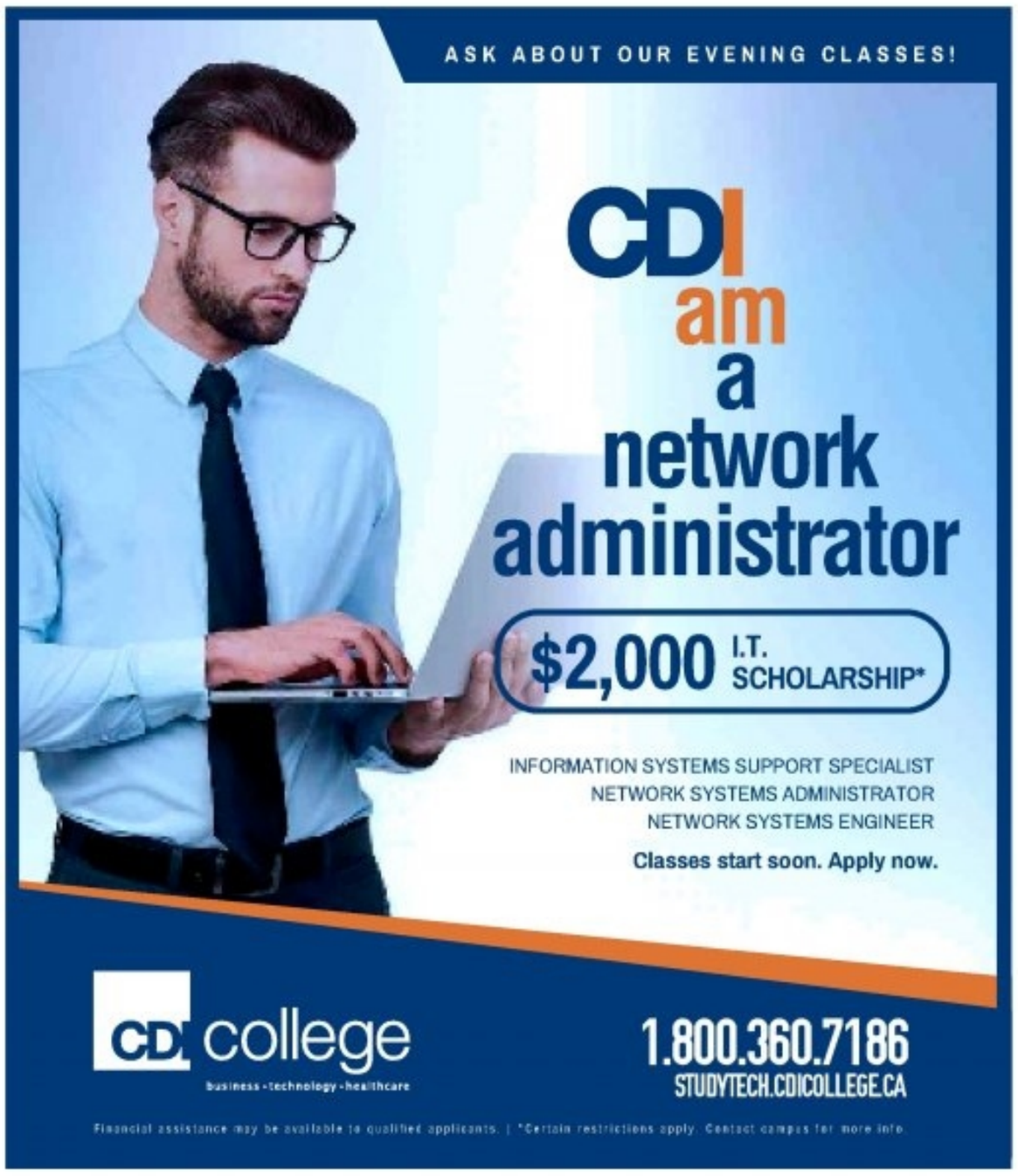
As someone who has written about and researched this history for many years, I applied to join the Northeast False Creek Stewardship Group this summer, a body appointed to offer consultation on the future plans. I did so hoping that a 21st-century city council might correct, as much as possible, this history of hostility to Vancouver's black citizens. Along with Anthonia Ogundele, also in the group, we have begun to solicit thoughts and ideas from members of Vancouver's black community — including, importantly, some of those who descend from families who lived through the displacement.

How the ideals of historical redress might meet the pragmatic details of planning and politics will, of course, unfold in a way that is as-yet unwritten. But my own hope is that the removal of the viaducts opens up the chance to create a space of daily return to the area for future black communities, as well as for those who value learning about our history and culture. A gathering space, an archive, a place to meet and to receive newcomers who are seeking cultural kin: real inclusion might begin there.

The age of segregation is over, and that is as it should be. But a celebration of Vancouver's 20,000 black people through a return in the form of a new cultural presence to the site of our historical origin — that would be how Vancouver might finally tell its black citizens that if they weren't always welcome, they are now.

Wayde Compton is a Vancouver writer and editor and co-founder of the Hogan's Alley Memorial Project.

CONTRIBUTED/AYELET TSABARI



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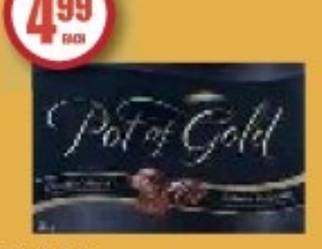

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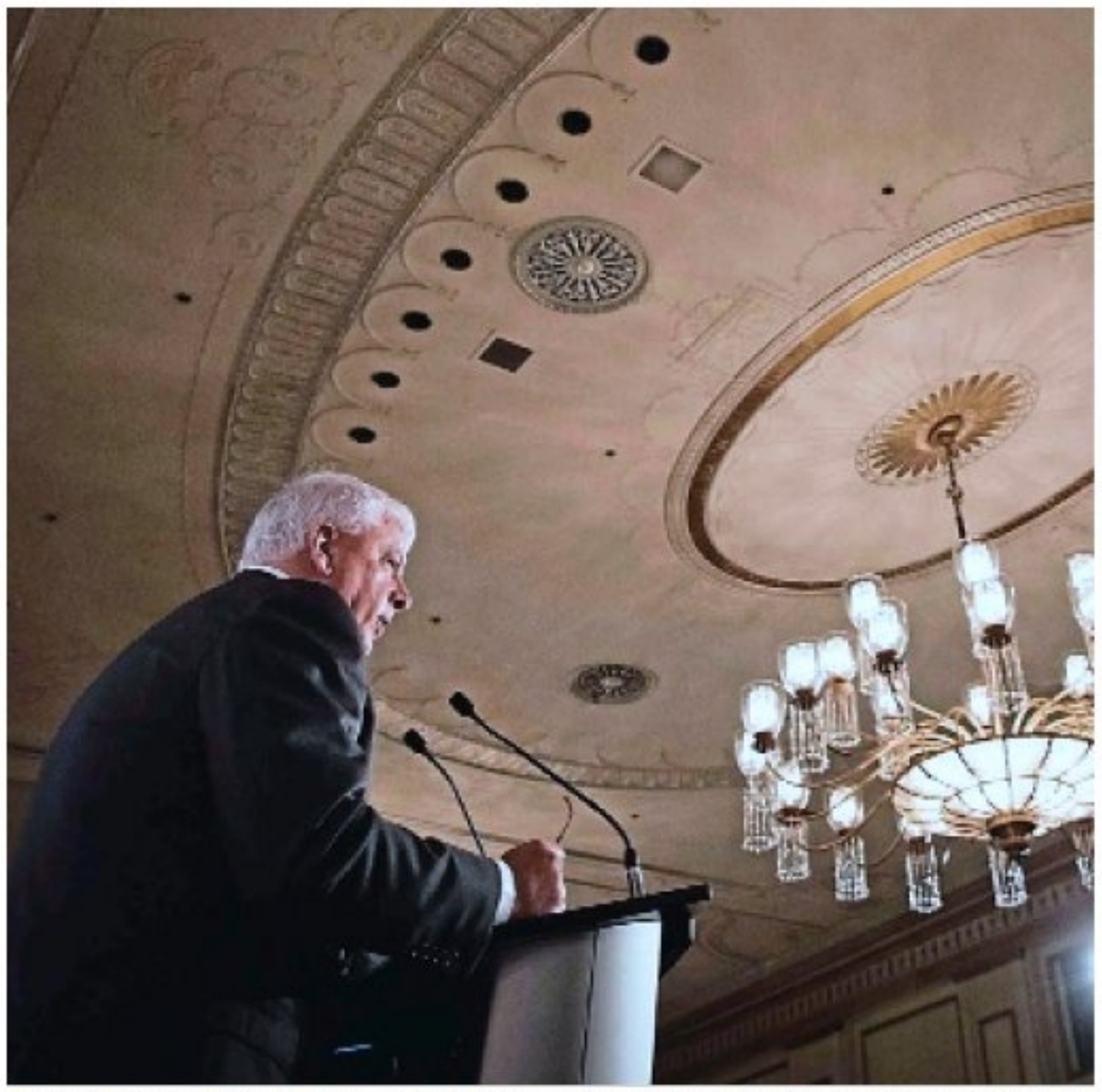

Kinder Morgan Canada President Ian Anderson addresses the Greater Vancouver Board of Trade in Vancouver. DARRYL DYCK/THE CANADIAN PRESS

Head of firm backs off climate remarks

ENVIRONMENT

Kinder-Morgan chief affirms his position on global warming

> Fossil fuels lead to higher CO2 emissions, which in turn contribute to climate change.
> Ian Anderson

The president of the company behind the Trans Mountain pipeline expansion proposal has backed off earlier remarks in which he suggested he was unsure humans are contributing to climate change.

"My comments didn't come out quite right," Ian Anderson of Kinder Morgan told the Edmonton Chamber of Commerce on Wednesday.

Last week, Anderson said in Vancouver that there was disagreement about the degree to which people are causing global warming and that he didn't know enough to make his own conclusion. Anderson sounded different in Edmonton.

"The discussion around climate change is a very important one and there should be no misunderstanding of what I think and what I believe: climate change is real and fossil fuels lead to higher CO2 emissions, which in turn contribute to climate change," he said.

$6.8B

Value of the Trans Mountain pipeline expansion proposal

"That's been our view from the beginning and it continues to be our view."

Anderson also praised a federal government announcement earlier this week that it will spend $1.5 billion over five years to improve ocean protection, including spill response, along Canada's coastlines.

"It's an important plan to be pursued by the federal government. We support it entirely," he said.

Anderson went on to reiterate arguments in favour of his company's $6.8-billion proposal for a pipeline expansion between Alberta and British Columbia to bring oilsands bitumen to Vancouver-area ports.

Many First Nations and environmental groups fear the consequences of a spill and oppose the pipeline.

After extensive hearings, the National Energy Board has recommended that the line be built.

The federal government has said it will make a decision by mid-December. If all approvals are granted, the pipeline could be operating in 2019, Anderson said. THE CANADIAN PRESS

TRAFFIC MANAGEMENT

Parking in local hot spots may get more expensive: City staff

Matt Kieltyka
Metro | Vancouver

Parking in Vancouver's busiest curbside spots could be getting more expensive.

A report from city staff, going before council Tuesday, recommends a revamped meter program that adjusts rates based on peak periods and locations.

For example, an area where peak curbside occupancy exceeds 85 per cent (one or two open spots per block), the city would be able to increase the parking rate in that location by $1 an hour.

Areas of the city where curbside parking occupancy is lower than 60 per cent will see a decrease of $1 an hour.

The city also wants to introduce different daytime rates (one from 9 a.m. to 6 p.m. and another from 6 p.m. to 10 p.m.) to better reflect parking demand during those times.

The report says the goal of the new parking rate program would improve safety, congestion and greenhouse gas emissions caused by drivers unnecessarily searching for on-street parking.

The effect increased rates have on parking capacity would be closely monitored so if people stop parking in a certain area, the rates would be lowered again.

Staff recommends that parking rates be adjusted on a regular basis to meet the 85 per cent occupancy target.

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Orcas could get right of wave

WILDLIFE

Surest way to aid killer whales is by rejecting pipeline: Critics

Ships off the West Coast could be forced to yield the right of way to killer whales as part of a federal ocean protection plan, says a Liberal MP.

The $1.5-billion plan to improve Canada's ability to respond to oil spills and take measures to protect its oceans includes moves to reduce shipping noise and vessel traffic in sensitive zones in an effort to protect endangered southern resident killer whales, said Jonathan Wilkinson of North Vancouver.

Wilkinson, the parliamentary secretary for the minister of environment and climate change, said the southern resident killer whales are an iconic West Coast species that require habitat improvements to ensure plentiful salmon stocks as a food source and protection from shipping traffic.

In this December 2015 photo, a new baby orca whale is seen swimming alongside an adult in the Haro Strait between San Juan Islands, Wash., and Vancouver Island. DAVE ELLIFRIT/THE CENTER FOR WHALE RESEARCH VIA THE ASSOCIATED PRESS

He said the whale protection plan has nothing to do with the federal government's decision due next month on approval of Kinder Morgan's Trans Mountain pipeline expansion project. The project proposes to triple the bitumen-carrying capacity of the pipeline from near Edmonton to Burnaby and increase the number of tankers leaving the Vancouver area.

"The ocean protection plan needs to be put into place irrespective of any decision on a particular pipeline," Wilkinson said.

Environmental groups say studies confirm the proposed pipeline's shipping traffic would harm whales and the way to protect them is to reject the project.

Wilkinson said the marine protection plan also involves developing co-management strategies with coastal and indigenous communities to designate areas "where we may restrict ship movements."

The federal government has earmarked $340 million over the next five years to fund programs to improve the habitat for southern resident orcas and introduce protection measures, he added.

$1.5B

The federal funds allocated to an ocean protection plan, including $340 million to find more orca habitat.

A decade-long U.S. study published two years ago concluded the triple threats of pollution, vessel noise and the availability of food make it almost impossible for the West Coast's southern resident orca population to increase beyond an estimated number of 80.

The National Oceanic and Atmospheric Administration said experts don't consider the southern residents in recovery despite reports of an orca baby boom involving up to eight newborns in the past year.

Wilkinson said the federal plan also includes a spill response centre at Port Hardy and six new lifeboat stations on B.C.'s coast, with three on Vancouver Island at Victoria, Port Renfrew and Nootka Sound.

THE CANADIAN PRESS

CHILD PORNOGRAPHY

Former fire chief charged

The former fire chief of Barriere has been charged with two child pornography offences.

Al Kirkwood, 62, appeared in provincial court in Kamloops this week charged with one count of importing and distributing child pornography and one count of possession of child pornography.

Kirkwood is scheduled to make his next court appearance on Dec. 8 in Kamloops.

There is currently no evidence suggesting that any local children were victimized by the accused, RCMP say.

Kirkwood won admiration for his work helping the southern Interior community through the devastation of the McLure wildfire in 2003 that destroyed a lumber mill, eight other businesses and 72 homes.

THE CANADIAN PRESS

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Words are weapons in battle rap

MUSIC

Subculture growing in shows around Vancouver

Sam Smith
For Metro | Vancouver

Vancouver battler La Sparka hosted Vancouver's biggest rap battle to date in June at Fortune Sound Club. SAM SMITH/FOR METRO

In the region's underground music scene, it's hard to say if there's anything more niche than battle rap.

Every month "battle rappers" — musicians and artists who write typically four and a half minutes' worth of rhymes specifically to badger, belittle, and beat down their opponents live on stage in a no-holds barred a cappella war of words — compete around Metro Vancouver.

Mike Simpson of Smoked Out Battles — Surrey's leading battle rap organization — said the shows have been steadily growing through the years and anticipates that trend to continue, it's just about getting the right exposure.

"While battle rap and mainstream hip-hop share the same roots, the way they've evolved separately is fantastic," he said. "A lot of people who don't like hip-hop end up liking battle rap."

Each event, he said, brings in more than 100 attendees, but online is where they find most of their audience with well-known battle rappers amassing more than 1-million views on YouTube per battle.

Typically, an event features several one-on-one battles of rookies and veterans of the craft looking to build their name. After having proved themselves, several artists such as Vancouver's own Illipsis and Calgary's Sketch Menace, can find themselves competing on a world stage on either King of the Dot, Don't Flop, or URL, three of the top battle rap organizations around the globe.

But it's far from a full-time job for most people involved. It's a passion project put together each and every event purely for the love of the art.

"It's a subculture and there's not a ton of money involved," Simpson said. "Basically we do it because we love it, and if you don't then there's not much point."

> **"While battle rap and mainstream hip-hop share the same roots, the way they've evolved separately is fantastic.**
> Mike Simpson

La Sparka, a former battler turned Vancouver's rep and host for King of the Dot, Canada's largest battle rap league, said battling has come a long way since its humble beginnings.

"It started by who thought they could rap better, then they met in the park. Eventually people started to organize it," he said.

This organizing of talent has taken battle rappers from street corners and parks to stages, and with some more time they hope to reach new heights.

For more Metro Vancouver battle rap information and events look on Facebook for Smoked Out Battles and King of the Dot.

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It could happen here – in B.C.

POPULISM

Angry voters 'want to blame someone,' says expert

Jen St. Denis
Metro | Vancouver

Think Trump could never happen in British Columbia? Think again.

While Alberta is Canada's traditional home of the far right, conditions in B.C. could help a populist gain traction here, said David Moscrop, a political scientist currently studying at the University of British Columbia.

"I think we need to assume that it could happen here and adjust accordingly," Moscrop said.

"We have this Canadian smugness that it couldn't possible happen here, our people don't think like that, we're not xenophobic, we're not racist, but that population exists."

President-elect Donald Trump speaks in Vancouver in June. EMILY JACKSON/METRO

While many Canadians reacted with horror to Donald Trump's presidential win, it's not difficult to find people in this country who find him appealing. At an election party the evening of Nov. 8, one Vancouver resident explained why he supports Trump.

"He says, 'You've got undocumented workers and people living in the country with no papers — get them out of here,'" the supporter said. "He's also saying race relations are bad between black people and white people and the police, he's saying that's got to stop.

"When he says jobs have left America, he's not making that up."

Moscrop noted that Kellie Leitch, a contender for leader of the Conservative Party, eagerly seized on Trump's win in a message to supporters.

"Tonight, our American cousins threw out the elite and elected Donald J. Trump as their next president," wrote Leitch, a former Conservative minister who controversially launched a "Barbaric Cultural Practices" tip line in the lead-up to the 2015 election.

> **Inequality is ... corrosive to democracy.**
> David Moscrop, UBC political scientist

"It's an exciting message and one that we need delivered in Canada as well. It's the message I'm bringing with my campaign to be the next Prime Minister of Canada."

Far-right supporters in B.C. have found a home in the B.C. Conservative Party, which has had very little success in recent provincial elections, and to some extent as part of the broader BC Liberal coalition, Moscrop said.

But Metro Vancouver's high level of wealth inequality and widespread public concern that wealthy foreigners are pushing up the price of real estate have the potential to be woven into a powerful populist message.

"One of the most important messages we can take away from the American election is that inequality is absolutely corrosive to democracy," Moscrop said. "Inequality breeds resentment, it breeds distrust, it breeds hatred, and this is what we're seeing in part in the housing debate in Metro Vancouver.

"Everyone looks to foreign buyers, everybody looks to Chinese nationals, and they want to blame someone and they want to punish someone."

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Gregor Robertson was taken aback by the tone of the election. JENNIFER GAUTHIER/METRO FILE

Too early to gauge future: Robertson

TRUMP MANDATE

City's mayor realizes some need to heal

Matt Kieltyka
Metro | Vancouver

Vancouver's mayor is offering support to Americans "hurt" by the election of Donald Trump as president.

Speaking to media on Wednesday, Gregor Robertson said it's too early to say what the implication of a Trump presidency would be on Vancouver and Canada, but said he was taken aback by the tone of the real estate mogul's campaign.

"Far too much racism and sexism. Many people are stunned at the result of the U.S. election and certainly many people are hurting after such a bitter campaign," said Robertson when asked for his thoughts on the outcome.

"In a city like Vancouver that is so committed to inclusion and people of all walks of life being together living here in harmony, it was hard to accept some of the language of the U.S. election. I think the United States and everyone connected to it have a lot of healing to do right now."

Robertson said he hopes the more open, measured tone of Trump's acceptance speech late Tuesday night carries over to his term in the White House.

Premier Christy Clark congratulated Trump and said she was glad the "ugly, terrible" campaign was over.

The premier said one positive was that young women around the world got to see that a woman can compete for the "most important office in the land."

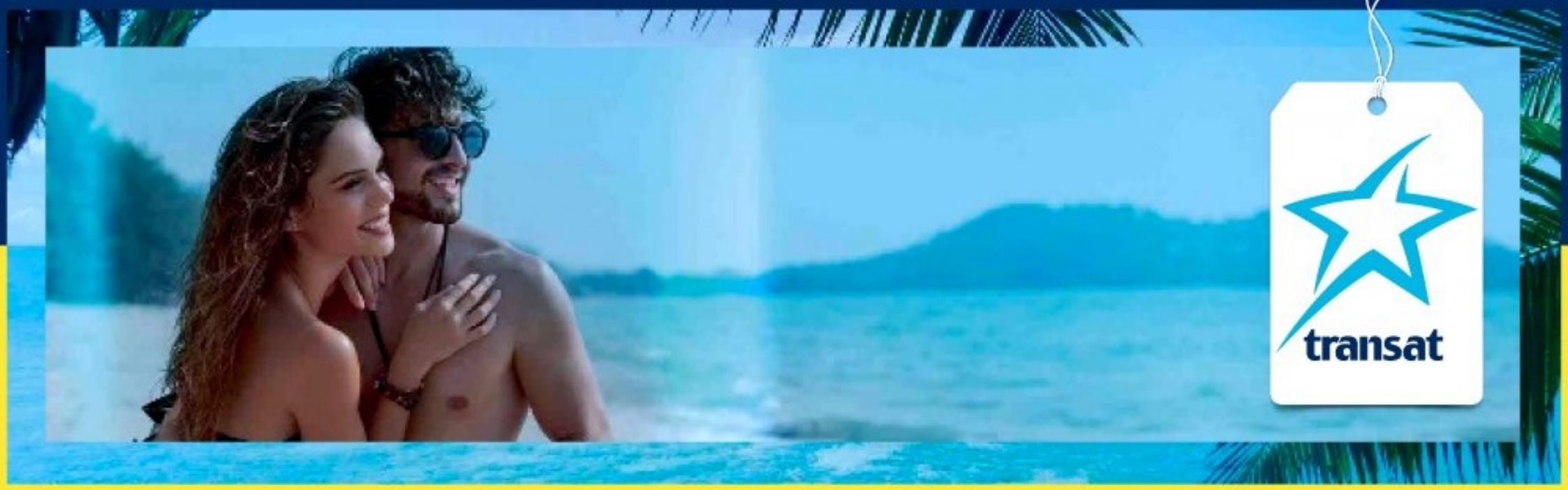
"I think that was an important win in and of itself," she said. "I would say to young women, if you want to be successful in British Columbia, the examples abound. But I would also say to women, don't get dispirited."

> **"It was hard to accept some of the language of the U.S. election.**
> Gregor Robertson

"We should recognize Secretary Hillary Clinton's historic run," Clark said.

"For the first time, a woman has contested the presidency for one of the two major political parties — a significant and important signal to the millions of women and girls around the globe who saw it happen, in real time."

WITH FILES FROM THE CANADIAN PRESS



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What a Trump win means for Canada

Canada's close relationship with America has been rattled by the election of Donald Trump. Canadians are worried about how Trump's campaign promises — if fulfilled — could reverberate north of the border. Here are the key issues to watch and what Trump has said about each.

TORSTAR NEWS SERVICE

1 TRADE

Trump made radically overhauling U.S. trade arrangements a key issue in his campaign, and this issue could have the greatest effect on Canada after he takes power. The president-elect campaigned on a pledge to force Canada and Mexico to renegotiate the North American Free Trade Agreement, to provide greater benefits to U.S. businesses.

If the countries don't agree on a new deal, Trump has promised to leave NAFTA completely. Combined with a pledge to withdraw from Trans-Pacific Partnership talks and take a more aggressive line on trade with China, Trump pitched isolationism and independence as a way to increase jobs, fix crumbling infrastructure, even reduce crime.

Approximately $51 billion in goods cross the Canada-U.S. border per month, according to TD Economics.

2 CLIMATE CHANGE

Hard-won progress in the fight against climate change will be dramatically rolled back if Trump sticks to his word.

Trump vowed to back the United States out of the 2015 Paris agreement, a landmark international climate treaty aimed at curbing emissions and limiting global temperature increases. Trump has also pledged to revive the coal industry, relax restrictions on polluters, and expand exploration and drilling for fossil fuels.

The Paris agreement, ratified by the House of Commons in October, commits almost 200 nations to reduce greenhouse gas emissions with a goal of limiting global temperature increases to under 2 degrees Celsius. The U.S. and China, the world's two largest emitters of greenhouse gasses, were crucial to reaching the deal.

GETTY IMAGES

3 FOREIGN POLICY

Canada is re-engaging with the UN on climate change, Syrian refugees, and peace operations, just as Trump has signalled America is hunkering down to look after itself.

Trump promised to stem not just Mexican immigration but to ban Muslims from entering the U.S. He called Syrian refugees a terrorist "Trojan horse" threatening public safety and America's "quality of life." Canada accepted nearly 34,000 Syrian refugees since November 2015. Mexicans will soon be able to travel more freely to Canada when Ottawa drops its Mexican visa requirement on Dec. 1.

4 ECONOMY

Global financial markets twitched early Wednesday on news that Trump had emerged the surprise victor.

But Trump's long-term plan to boost the U.S. economy — creating 25 million jobs and spurring growth through tax cuts and infrastructure spending — could help boost Canada's economic fortunes, too, if the president-elect can make it happen, said Craig Alexander, senior vice-president and chief economist at the Conference Board of Canada.

"That should help lift economic growth and to the extent that happens, that's really good for Canada," Alexander said.

The election of a Republican president and a Republican-controlled Congress may also breathe new life into the Keystone XL pipeline.

5 THE BORDER

Trump vows to build a wall on the U.S.-Mexico border but rejected a wall on the border with Canada as too long, too expensive, and unnecessary.

Yet it's far from clear if a Trump administration will honour deals to ensure a thinner, smoother border to the north. Canada and the U.S. have a "perimeter" approach to economic and border security that saw countless travel and security screening procedures harmonized. Bills to enable more information-sharing on entries and exits, and more pre-clearance of cross-border travellers are now before Parliament and the U.S. Congress. Canadian Ambassador David McNaughton is "quite optimistic" a lame-duck Congress will pass the necessary legislation because of bipartisan support before a new administration takes over.

PM Justin Trudeau speaks at WE Day in Ottawa. THE CANADIAN PRESS

Trudeau puts best foot forward after results

Prime Minister Justin Trudeau is choosing to highlight the one goal he has in common with Donald Trump — improving the lot of the embattled middle class — as his government comes to grips with the unexpected prospect of a U.S. president who shares few of the Liberals' values or policies.

"We share a purpose, our two countries, where we want to build places where the middle class and those working hard to join it have a chance," Trudeau told a WE Day rally Wednesday.

"The fact is, we've heard clearly from Canadians and from Americans that people want a shared shot at success," he said. "People want to succeed. People want to know that themselves, that their families, that their kids, that their grandkids will be able to succeed and we need to work together to get that."

Trump overcame concerns about his unstable temperament and misogynistic conduct by exploiting working-class white Americans' fear of immigrants and terrorism and their anger at the so-called establishment elites they believe are reaping the benefits of free trade and globalization at their expense.

He promised to deport millions of illegal immigrants, to block Muslims from entering the country, to tear up the North American Free Trade Agreement and to withdraw the United States from the international climate change agreement to reduce carbon emissions.

Trudeau is in many ways the anti-Trump, a self-described feminist who won power with his "sunny ways," touting the virtues of hope over fear, diversity, free trade and increased acceptance of immigrants and refugees.

THE CANADIAN PRESS

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Hillary Clinton speaks on Wednesday after her defeat in the U.S. election. AFP/GETTY IMAGES

One day, 'hardest glass ceiling' will shatter

Parents grapple with explaining Trump win

The incendiary U.S. election is proving to be a challenging teachable moment for some Canadian parents struggling to explain the surprising results to their curious children.

But at least they can comfort their youngsters with the fact they live in a country that has embraced much different values than the divisive ones that marked the U.S. campaign, says Oakville, Ont., dad Jason Little.

The morning after America elected Donald Trump as its next president, Little says his nine-year-old daughter stunned him by asking whether the Republican leader would start a world war.

"I only cared about baseball at that age. It's just really a hard conversation to start," says Little.

His daughter had been following Hillary Clinton's bid to become the country's first female president, and while she wasn't discouraged by her loss, she was feeling "disappointed, sad, angry, all at the same time."

In her concession speech, Clinton seemed to acknowledge the potential impact of her defeat on young girls who might be demoralized by the vote.

Trump's bewildering victory caught many by surprise — pollsters, political pundits and even many prominent Republicans who dismissed the possibility that the former reality TV star and real estate mogul could harness broad support, especially as scandal after scandal mounted.

It was an especially polarizing campaign given Trump's oft-coarse posturing that included a litany of offensive comments about women, Muslims, Mexicans and immigrants; comments that would get any school kid sent to the principal's office. THE CANADIAN PRESS

TALK ABOUT IT

York University education professor Carl James says it's tempting for any child to view his win as a sign that bad behaviour is rewarded. But that also makes this a great time to talk to children about the hard fact that discrimination exists and can be pervasive.

Clinton urges unity among divided nation

Gone was the ballroom with a soaring glass ceiling, the confetti and the celebrity guest stars. Instead, Hillary Clinton looked out to a group of grief-stricken aides and tearful supporters, as she acknowledged her stunning loss of the presidency to Donald Trump.

"This is painful," Clinton said, her voice crackling with emotion, "and it will be for a long time." But she told her faithful to accept Trump and the election results, urging them to give him "an open mind and a chance to lead."

Before Clinton took the stage at a New York City hotel, top aides filed in, eyes red and shoulders slumped, as they tried to process the celebrity businessman's shocking win after a campaign that appeared poised until Election Day to make Clinton the first woman elected U.S. president.

Clinton, who twice sought the presidency, told women: "I know we have still not shattered that highest and hardest glass ceiling. But someday, someone will and hopefully sooner than we might think right now." Her remarks brought to mind her 2008 concession speech after the Democratic primaries in which she spoke of putting "18 million cracks" in the glass ceiling.

> To all the little girls who are watching this, never doubt that you are valuable. Hillary Clinton

"To all the little girls who are watching this, never doubt that you are valuable and powerful and deserving of every chance and opportunity in the world to pursue and achieve your own dreams," she said as her husband, former President Bill Clinton, stood wistfully by her side.

In perhaps a subtle nod to bridging the red state and blue state divide, Clinton wore a purple blouse and a dark blazer with a purple lapel while her husband wore a purple tie.

Flanked by her husband, daughter Chelsea Clinton and running mate Virginia Sen. Tim Kaine, Clinton said she had offered to work with Trump on behalf of a country that she acknowledged was "more deeply divided than we thought." THE ASSOCIATED PRESS

Obama promises peaceful transition

In an awkward political ritual, President Barack Obama urged the nation Wednesday to join him in rooting for President-elect Donald Trump's success, even as he and his shell-shocked aides prepared to watch a successor undo much of their work.

Conceding Hillary Clinton's loss, Obama vowed to do all he could to facilitate a smooth transition and to ensure Trump would be well-positioned to run the country. He'd congratulated Trump by phone and invited him to sit down together at the White House.

"We all want what's best for this country," Obama said.

Obama delivered his sunny call for unity while standing in the Rose Garden, much as his predecessor President George W. Bush did after Obama's victory in 2008. It was a symbolic moment meant to signal the calm transfer of power from one president to the next.

But it was also a bit of counselling for devastated Democrats. Obama spoke to more than a hundred of his White House staffers, who stood silently, dazed, some crying. THE ASSOCIATED PRESS

President Barack Obama, together with Vice President Joe Biden, addresses the nation after Donald Trump was elected. AFP/GETTY IMAGES

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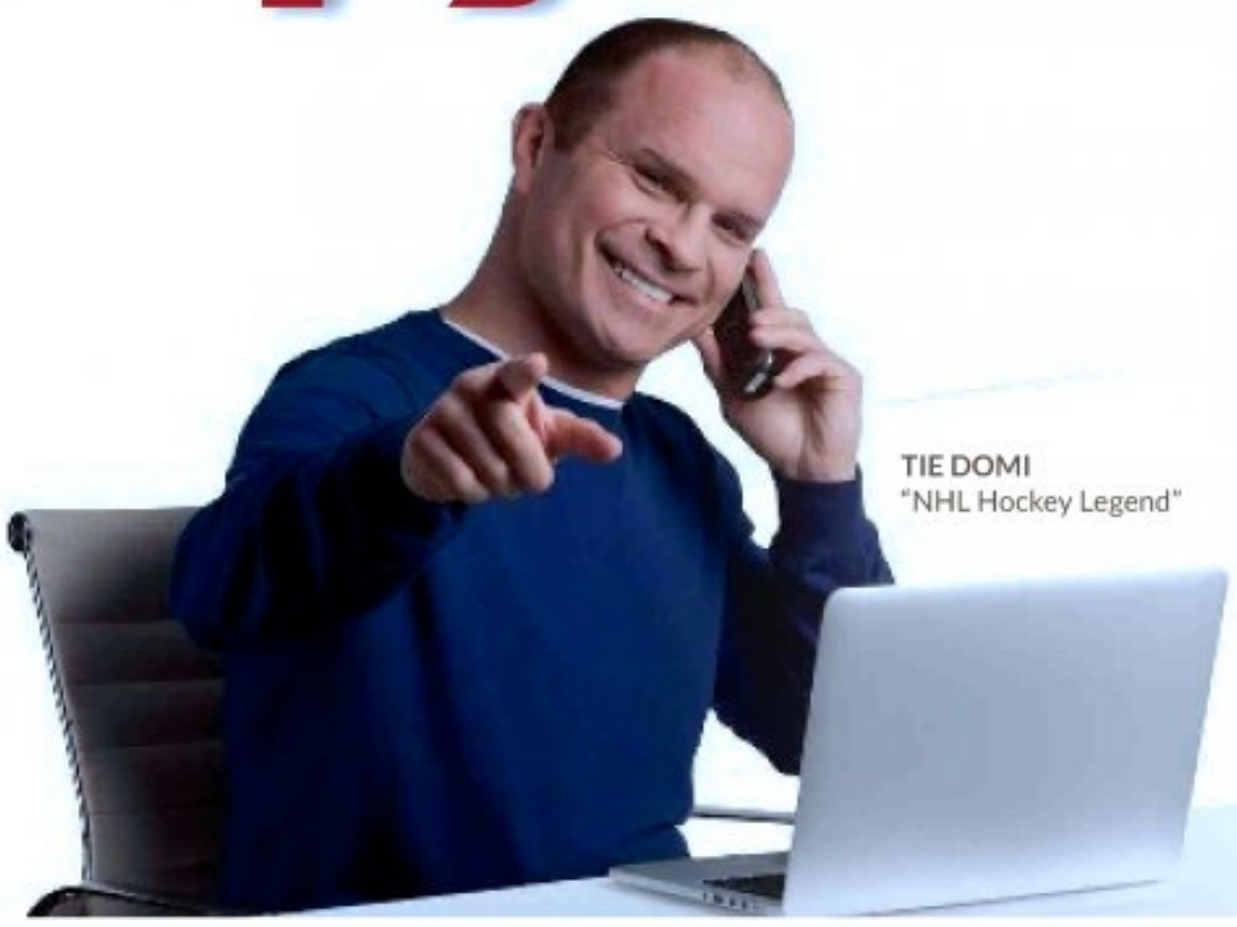

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Calgary filmmaker Chris Ball says he was assaulted after results on U.S. election night. He says the received five staples in his head — but said the bloody picture makes his injuries look worse than they really were. FACEBOOK

Canadian assaulted on U.S. election night

CALGARY

Gay filmmaker says he was assaulted by homophobes

Aaron Chatha
Metro | Calgary

Calgary film producer Chris Ball is coming back from America's presidential election with five staples holding together the gash on top of his head.

Ball spent the evening in a Santa Monica, Calif. bar watching poll results come in. As the election progressed, he said attitudes in the bar became more and more heated — on both sides of the campaign.

"People started launching homophobic slurs at me from afar," he said. "I mean, I kind of got into it, but I didn't want to provoke them."

They were saying things like, 'We got a new president you f-king faggots.'

When he later left the bar, alone, he was walking through an alley when he was jumped by a group of men — one of which smashed a bottle over his head.

He fell back, his head smashing against the concrete, where he blacked out.

"When I came to, I remember waking up and wiping the blood from my eyes. I called some friends, they picked me up and I went right to the hospital," he recalled.

Chris Ball's injuries. FACEBOOK

He was stitched up at the hospital and said he's feeling fine.

In retrospect, Ball doesn't think it was really a political issue — it was a hate issue, fuelled by the charged atmosphere of the election night, with a group of drunk people who used Trump's rhetoric as an excuse to get in a fight.

Bitcoin values surge

The U.S. election results have proven to be a boon to Bitcoin investors — the value of the digital currency jumped up three per cent as the election results rolled in on Tuesday night.

This is while other markets around the globe were taking a downward turn.

Benjamin Perrin, Bitcoin investor and organizer of Calgary's Bitcoin meet up group, said the currency has become a hedge for market uncertainty.

For a long-time investor like Perrin, the spike was expected.

"You do see new people coming in, and they're freaking out over a $30 or $40 price swing. You get a lot of, 'oh, you must be new here.'"

Perrin feels Bitcoin is almost like a 'out' for people who want to protect themselves from an uncertainty in the current system.

After the initial shock of the Trump presidency, Perrin thinks that Bitcoin values will return to business as usual. The currency has been increasing in value since 2015.

"Anybody who's a professional day trader that's trying to ride the volatility — they're having a fantastic time."

AARON CHATHA/METRO

IN BRIEF

Keystone pipeline may be back on table

A Keystone pipeline might be back on the table after President Donald Trump takes office, but Trump himself may present a few new hurdles in the process.

Even though Trump indicated during his campaign that he would be in favour of Keystone, economist Glen Hodgson, said the president-elect has proven himself to be a very shrewd negotiator.

AARON CHATHA/METRO

The hilly landscape of Cape Breton could entice people away from Trump's America. TORSTAR NEWS SERVICE FILE

Immigration panic possible: Experts

POLITICS

Reaction to Trump's win has Americans looking north

A Donald Trump presidency could prompt a flow of politically motivated American emigrants akin to the Vietnam war era, though passionate first impulses to leave may cool as the new leader's agenda unfolds, say political observers and immigration experts.

Donald Savoie — a Canadian political economist who was at his second home in Florida as the vote occurred — says some U.S. citizens may consider applying to move to Canada if Trump follows through on proposed policies such as mass deportations of illegal immigrants or the reopening of international trade agreements.

"There's no question some Americans will say we can't live under these circumstances and we may see what we saw in the ... late 60s during the Vietnam war," he said in a telephone interview from Florida.

"I wouldn't take that to the bank right away ... But if he does what he says he wants to do there's no question there will be a bit of chaos and some Americans will say, 'we want out of here.'"

In Nova Scotia, a radio announcer who created the "Cape Breton if Donald Trump Wins" website says he had about 150 emails late last night as the U.S. election results came in, including some from Americans who say they feel fearful about continuing to live in the United States.

"People are afraid and it's hard to treat it light heartedly when people are feeling so afraid," Rob Calabrese said in a telephone interview.

Calabrese says he will rename his site and expects he'll continue referring inquiries to official websites where would-be Cape Bretoners can pursue work opportunities and apply for immigration status.

Several emails he read out loud were from Americans saying they no longer felt comfortable in states dominated by Republican politicians.

However, the process of trying to gain permanent residency in Canada is a tough one for Americans fleeing because of political unease, say immigration lawyers.

Lee Cohen, who specializes in refugee law in Halifax, said Americans shouldn't be deluded into believing that gaining residency status in Canada is easy just because of the two countries' good relations, proximity and similar lifestyles.

"It's a big deal and it's a very onerous process," he said. "This notion that's floating around there that all Americans have to do is drive to Canada and buy a farm and live there is just completely wrong and misdirected."

He said the application and assessment process can drag on for years, be costly and involve various documents, including birth and police certificates, medical records, passports and possibly interviews. THE CANADIAN PRESS

Interest in 'moving to Canada' spikes

Irene Kuan
Metro | Toronto

Americans threatened to move to Canada as soon as they heard Donald Trump was in the running to become their next president. This may be why the Canadian Immigration website crashed on Tuesday night, when he beat Hillary Clinton and was voted President-elect.

The search term "moving to Canada" spiked at the stroke of midnight on Nov. 9, and again at 4 a.m. EST, according to Google Trends, but data shows both Americans and Canadians were looking up the topic.

Although mostly Americans were searching the term, it was also trending among Canucks, specifically in the British Columbia cities of Coquitlam, Langley, Delta, Richmond and Vancouver.

COURTS

Sex assault accused: 'She never said yes'

A man facing trial for the second time in a high-profile sexual assault case said Wednesday his accuser never directly told him it was OK for the two of them to have sex in a bathroom at a house party.

Alexander Scott Wagar, 29, was being cross-examined by Crown prosecutor Janice Walsh, who questioned him about whether he asked the alleged victim at any time if she wanted to have sex with him, or if he felt he needed to do so. "You made those decisions?" Walsh asked.

"I made those decisions. She never said do this or do that. She never said no. She never said 'Stop, I don't want to do this'," answered Wagar.

"But she never said yes?" "No," he said. "She never said yes directly." He re-enacted in intricate detail how he and the complainant, who was 19 at the time, first had sex on the bathroom counter of a Calgary home in December 2011 and then moved to the shower. Wagar perched on the edge of the witness box and then crouched down, leaning back against it, as he gave a running narrative of what he said happened. He also explained how he lathered the woman up in the shower.

Judge Jerry LeGrandeur cautioned Wagar a couple of times saying he didn't need to go into quite so much detail.

During the original trial, Robin Camp, who was then a provincial court judge, asked the complainant why she couldn't just keep her knees together and told her "pain and sex sometimes go together."

> **She never said no to this or no to that.**
> Scott Wagar

Camp acquitted Wagar in 2014, but the verdict was overturned on appeal and a new trial was ordered. It is being heard by judge alone.

Wagar has insisted during the retrial that the sex was consensual. He testified the two had been smoking pot in the bathroom before it happened and he decided to "go for it."

"She didn't shy away from me," he said. THE CANADIAN PRESS

Ex-soldier worries her trauma has a legacy

REMEMBRANCE

Sgt. Buckley sees signs of disorder in her child, grandkid

Jacquie Buckley, left, a retired member of the Canadian military, poses with her daughter Teresa Steeves, right, and her grandson Mason Rafuse-Steeves in Calgary. JEFF MCINTOSH/THE CANADIAN PRESS

When retired soldier Jacqueline Buckley sees her four-year-old grandson get angry, she can't help but think of her own capacity to explode with rage.

She also thinks of the fury that can be unleashed by his mother, her daughter.

The former sergeant believes this is the legacy of her post-traumatic stress disorder, a harrowing psychological wound she was diagnosed with in 2009. She suspects it is buried deep in her family tree.

She notes that her own military dad was a stoic man who refused to discuss what he did during postings to Germany and Cyprus. Their cold relationship was not unlike the one she would forge with her own kids.

"I knew he loved me but I don't think I ever felt it," says Buckley, who lives in Carstairs, Alta.

Now she frets over the fate of her daughter's hyperactive toddler, a rambunctious boy who she suspects may have behavioural issues, as well as his 12-year-old half-sister. Buckley believes they're hobbled by a rocky childhood in which their young mother fell in and out of violent relationships and became addicted to oxycodone and heroin.

Buckley blames part of those struggles on her own poor caregiving skills, which she says went south in 1998.

She was part of a grisly mission to analyse dental remains of the victims of Swissair Flight 111, the airliner that smashed into the Atlantic Ocean a few kilometres from Peggys Cove, N.S., killing all 229 people on board.

At the end of a long day at the morgue, Buckley — who was a single mom at the time — would go home, have a bath and cry.

Her daughter was aged 10 but Buckley says she "just checked out" as a mother. "I was home but I wasn't there," she says, admitting she "was probably a very mean parent."

> **Looking back, I know I love my children but I didn't know how to feel love. I was cold.**
> Sgt. Jacqueline Buckley

"Looking back, I know I love my children but I didn't know how to feel love. I was cold," says Buckley, who was medically released from service in 2010. As the years went on, her anxiety grew "and anger became huge."

She had trouble sleeping, pursued toxic relationships, suffered unexpected odour-based flashbacks, and obsessed over indelible memories of human remains.

Today, Buckley suspects her children and grandchildren are mirroring some of her symptoms, believing they suffer from a condition sometimes referred to as vicarious trauma, compassion fatigue, or secondary PTSD. THE CANADIAN PRESS

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'Afghan Girl' returns home

AFGHANISTAN

Famed photo subject was deported from Pakistan

Afghanistan's president on Wednesday welcomed home Sharbat Gulla, National Geographic's famed green-eyed "Afghan Girl," just hours after she was deported from Pakistan, the latest in the odyssey of the globally recognized refugee.

Gulla's deportation came after a regional court in the Pakistani city of Peshawar convicted her on charges of carrying a forged Pakistani ID card and staying in the country illegally.

Gulla's deportation has drawn international attention and criticism of Pakistani authorities over their perceived harsh treatment of Gulla — and other Afghans who Islamabad says will be expelled as illegal immigrants.

She gained international fame as an Afghan refugee girl in 1984, when war photographer Steve McCurry's photograph of her, with piercing green eyes, was published on National Geographic's cover. McCurry found her again in 2002.

Afghan President Ashraf Ghani, right, gives an apartment key to "Afghan Girl" Sharbat Gulla.
THE ASSOCIATED PRESS

In 2014, she went into hiding after authorities accused her of buying fake Pakistani documents. She was arrested in late October and the Peshawar court earlier this month ordered her deported.

Peshawar official Fayaz Khan said Gulla, a widow, and her children were taken by convoy to the border with Afghanistan before dawn Wednesday.

From there she was flown to Kabul where President Ashraf Ghani and his wife Rula hosted a reception for Gulla at the presidential palace. Ghani also handed her keys to a fully-furnished apartment.

"It is a privilege for me to welcome her. We are proud to see that she lives with dignity and with security in her homeland," Ghani said.

She looked visibly unhappy and before crossing, turned once to look back at Pakistan, her home of many years, and murmured good wishes for the Pakistani people, according to two customs officials at the scene. The officials spoke to The Associated Press on condition of anonymity because they were not authorized to talk to the media.

After the Peshawar court sentenced Gulla to 15 days in jail and a fine of $1,000, she fell ill and was admitted to the city's Lady Reading hospital.

The hospital staff gave Gulla a bouquet of red roses as she was taken away Wednesday, said Dr Mukhtiar Zaman, who described her as still being weak from her illness.

Around 3 million Afghans live in Pakistan, most of them as refugees who fled over the almost 40 years of continuous conflict. Pakistan recently stepped up their expulsions, forcing tens of thousands across the border into Afghanistan, where many find themselves rootless after so many years of exile.

THE ASSOCIATED PRESS

LONDON

Seven die as tram tips

Seven people were killed and more than 50 injured when a tram derailed while rounding a tight curve in a rainstorm in south London Wednesday, police said.

The Rail Accident Investigation Branch said the tram derailed as it was negotiating a sharp curve with a speed limit of 20 km/h.

British Transport Police initially said five people had died, with several others seriously injured. The force later raised the death toll to seven.

Police arrested the 42-year-old tram driver on suspicion of manslaughter.

Wednesday's derailment is the first tram accident with onboard fatalities since the 1950s, but official figures show that 20 people were injured in 112 tram-related accidents in the year to March, including one derailment and two collisions with other trams.

Prime Minister Theresa May and London Mayor Sadiq Khan sent condolences to the injured and the families of the dead.

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JESSICA ALLEN ON THE WEIRDEST ELECTION EVER

It's not funny. It's so absurd that it's beyond the realm of satire. And I wonder, while we are laughing, if the joke is on us.

Boy, we've had some good laughs over the last 18 months. There was the hair, the tiny hands, the tan, a "bigly" or two, "nasty woman" and don't forget "lock her up."

And it wasn't just late-night talk show hosts, Saturday Night Live, and satirical websites capitalizing on the circus, but the mainstream media, too. The New York Times, for example, recently published a list of the 282 people, places and things Donald Trump has insulted.

Today, however, the day after a reality-television star was elected the 45th president of the United States of America, it's not funny. It's so absurd that it's beyond the realm of satire. And I wonder, while we are laughing, if the joke is on us.

But it was funny, wasn't it? At least in an unbelievably dark sort of way: A failed casino mogul who has franchised his name, has the backing of the world's most elite hacking unit and the world's most powerful proto-totalitarian state, ran for president with zero political experience, demanded the imprisonment of his opponent, and was endorsed by the KKK — and his name is *Trump*. Thomas Pynchon couldn't make that up.

Although Trump's rallying cry of "the system is rigged" has now been hushed since the system allowed him to win, that was funny, too, in the way a funhouse mirror is: showing you a laughable version of your face, until you notice that giant zit on your chin.

Because, whether we like the rhetoric or not, there is a good argument to be made that it's true. Not literally rigged — although African Americans in North Carolina may disagree — but how did a primary proceed in which Hillary was allegedly given debate questions ahead of time to battle Bernie? When Russian hackers forced the ouster of the DNC chairwoman when it was revealed that the party apparatus had rallied in Clinton's favour? Why do we believe the women who've accused Trump of sexual assault but not those who've accused Bill Clinton of the same?

How could an entire industry dedicated to making sense of all this have gotten it so wrong?

How did the two most disliked candidates in American history come to represent their parties in the race for the country's highest office?

Just part of the vertigo-inducing nature of this election is that one of those people (Clinton) also happened to be the most qualified candidate in the history of American politics.

But there's nothing funny about the way much of the media has framed Trump as a cause, rather than a symptom, of what's wrong with America: as this demagogic figure that emerged from a bubble and released his anti-democratic, racist and misogynistic ideas into the country.

CHANGING TIMES Presumed shoo-in Philip Roth lost the Nobel Prize in literature to Bob Dylan, the man who taught us that answers blow in the wind, so Trump's victory wasn't the first election to elicit disbelief, Jessica Allen writes.
THE ASSOCIATED PRESS/CHRIS PIZZELLO

As recently as Sunday, for example, the New York Times' Maureen Dowd posited that when historians write about this election, "The epic dark saga will unfold this way: A man filled with fear and insecurity, created a hate-mongering character and followed it out the window."

But these dark and twisted ideologies so vigorously lapped up by Trump's supporters have been brewing beneath the surface since long before he announced his candidacy. Trump just stirred the pot.

How could an entire industry dedicated to making sense of all this have gotten it so wrong? I don't know what's more puzzling: how wrong the media was or how puzzled they are over how wrong they were.

Still, it's not the first election to elicit disbelief. Philip Roth, who many thought was a shoo-in for this year's Nobel Prize in literature, which went to the man who told us the answers are blowing in the wind, was so incredulous after watching Richard Nixon in televised presidential debates that he was filled with "professional envy."

Twenty-four years later, in a 1984 interview with the Paris Review, Roth said: "Any satirist writing a futuristic novel who had imagined a President Reagan during the Eisenhower years would have been accused of perpetuating a piece of crude, contemptible, adolescent, anti-American wickedness."

I sometimes wonder how Suetonius, the ancient historian, or professional muckraker depending on who you ask, felt as he wrote The Twelve Caesars.

If they lived in our time, these leaders would be better suited to reality television — think Caesar's combover, Caligula's horse, and all that poison — than to public life. But it would hardly make a difference because there is no "real." It's all reality television now. Maybe it always has been.

"So sad."

Jessica Allen is the digital correspondent on CTV's The Social.

VICKY MOCHAMA

Think it's hard to tell kids about politics? Try talking to your parents.

Talking about politics with parents isn't easy. While my mother, a political science nerd, cannot be prevented from having a political opinion, my father, a serious statistician, would rather we all got along. Quietly. Some parents are more vocal and politically inclined than others. As a whole, however, there is a troubling silence between generations on the issues and ideas that matter.

The political intentions of young people are not a mystery to me. In this election, according to exit poll data from CNN, young people from almost every racial group voted for Clinton as expected. (The exception to that being 18-29-year-old whites, who gave 48 per cent of their vote to Trump, and that is a column for another day.)

But what are the voting concerns of people my parents' age? And how do we bridge our two political worlds?

I think more people could start over the dinner table. Politics is hard, but it's harder to yell at a relative with pasta in your mouth. Hard, but not impossible, so chewing slowly is also key.

It's a conversation even the stars will be having. TMZ reported that during her appearance at Javits Center in support of the Clinton campaign, Katy Perry said although her parents had voted for Trump, there would still be peace at her family's Thanksgiving table.

There should be peace, but there should also be a willingness to participate in the ideas we all hold. I use humour to open up a space for important conversations.

As we watched the second debate of the election over Thanksgiving dinner, I asked my dad, "Are you a feminist?" He laughed but didn't answer. Minutes later, I persisted, "But, no though, are you a feminist?"

He shrugged, "That's a big question. I don't know if I know what that means."

He continued to demur to the point that it became a running joke between us over the rest of the night. I would corner him in the kitchen and he'd laugh off the question.

Yesterday, he called me from his office in upstate New York to commiserate. He hadn't found feminism exactly, but he too was inescapably saddened by the Clinton loss.

Not everyone can joke and prod their parents into a political reckoning. For people who feel safe in their family's unconditional love, there is an immense value in asking questions, listening and learning.

The Trump campaign, and the movements that preceded it, have revealed that racism, sexism and rage are still potent political forces.

Can you still sit peaceably without knowing if your parents are taking those attitudes from the dining room and into the voting booth?

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"Early diagnosis and treatment — ideally before the age of 5 or 6 — is crucial to ensuring good vision for life," says Penny Lyons, Executive Director of Seva Canada. "Without access to proper care, children like Rodia would struggle to finish school, be dependent on a caregiver and face difficult life-long challenges."

If you want your charitable donations to go above and beyond this holiday season, Lyons says restoring a child's vision gives them an average of 50 years of sight. To cover life-changing cataract surgery and long-term follow-up care for a child in a developing country is just $150, which also secures a better future for that child. At Seva (seva.ca), any contribution up to $1,000 will be matched until Dec. 31, meaning you can help twice as many kids live fuller, happier lives.

CONTRIBUTED

Because of Seva supporters, Rodia received sight-restoring surgery. After his bandages were removed, Rodia saw his mother for the first time and Melline burst into song — a Malagasy hymn of praise — and there was not a dry eye in the room.

Sharing a lasting legacy

People often can't help but smile when they see Kamryn Bond, 6, lay a wreath with her friend, Shannon Krasowski, 40, at their local Remembrance Day ceremony. Although an unlikely pair, they are both amputees and are part of a legacy that goes back nearly 100 years.

Kamryn is a member, and Shannon a graduate, of The War Amps Child Amputee (CHAMP) Program, which provides financial and emotional assistance to child amputees across Canada. It was war amputee veterans who created The War Amps in 1918, and later its Key Tag Service, through which the association raises its funds.

Kamryn and Shannon lay a wreath each year on behalf of The War Amps Operation Legacy as a tribute to war amputee veterans. Shannon says: "They passed this legacy to us younger amputees and now it's our turn to share their stories, so that we never forget their sacrifices."

With the public's support of the Key Tag Service, which is this year celebrating its 70th anniversary, The War Amps is able to help amputees across Canada live full and active lives.

Kamryn Bond, left, and Shannon Krasowski pay tribute to the war amputee veterans by laying a wreath on behalf of The War Amps. CONTRIBUTED

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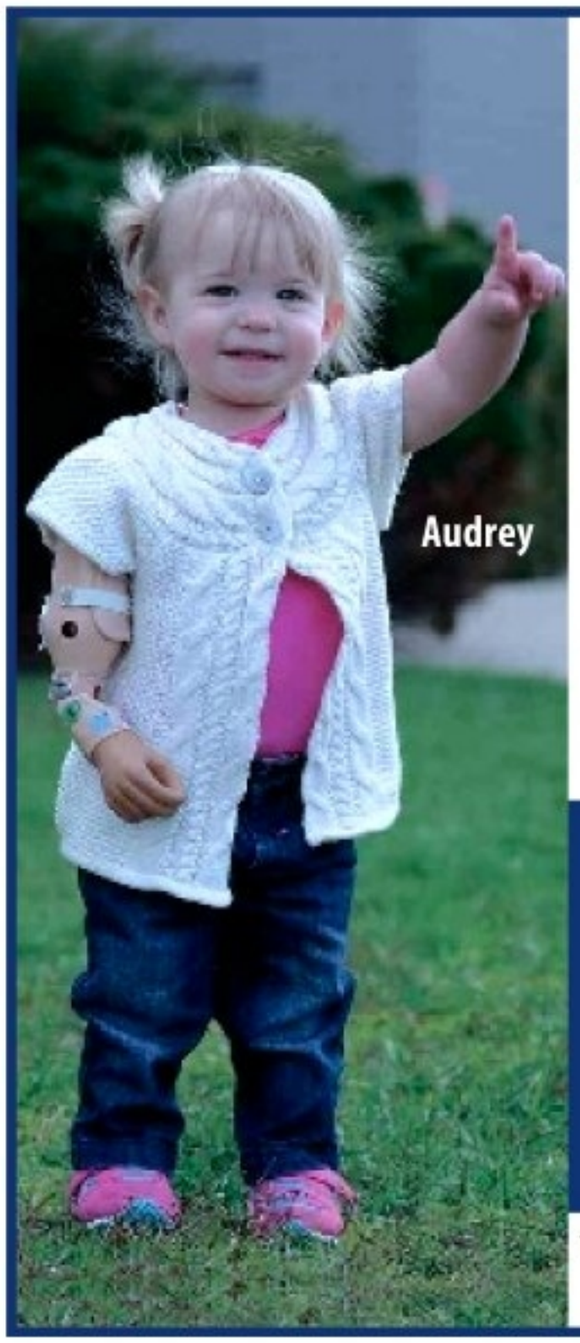

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Why not even Bey in a pantsuit could help

Hillary Clinton's celebrity endorsements may have worked against her

DUANE PROKOP/GETTY IMAGES

"I'm with her."

World-renowned singer Beyoncé spoke these words of support for Democratic candidate Hillary Clinton just days before Americans voted for their new leader, Donald Trump.

Clinton walked out onto a stage in Cleveland on Nov. 4 as rapper Jay Z told the crowd: "I would like to introduce to you the next president of the United States, Mrs. Hillary Clinton."

Clinton was all smiles that night, embracing Beyoncé, who wore a pantsuit for the occasion, and her husband, Jay Z.

Their message was clear: vote for Hillary Clinton.

"I want my daughter to grow up seeing a woman lead our country," Beyoncé told the crowd.

Clinton's campaign trail had a star-studded cast, with many celebrities vocalizing support for the democratic candidate, showing up or performing at events and rallies. This included singers Katy Perry and Lady Gaga, comedian Amy Schumer and actresses Lena Dunham and Meryl Streep.

But when Trump raced ahead at the polls on Nov. 8, some questioned the impact of celebrity influence.

Boyd Neil, senior digital strategist with Hill + Knowlton Strategies who teaches a course on reputation management at Ryerson University, said celebrities do not have the impact on campaigns that people might think.

"There's nothing wrong with having a celebrity on your side, (it's) better to have them on your side than against you, but does it make a fundamental difference? No it doesn't."

Neil said while people enjoy individuals as celebrities, they do not necessarily trust their judgment when it comes to politics, economics, social issues or international affairs.

He said there was also a very strong belief among especially white working class men in the United States that there was an entrenched elite in Washington and that Clinton was part of that elite.

Some who voted for Trump did so despite knowing his flaws "because he ran a campaign that said the elites in Washington are preventing America from being great, so let's make America great again by getting rid of the elites," Neil said.

> **It worked in the sense that it spoke to her base, but it didn't really attract anyone on the other side of the aisle.**
> Clive Veroni, brand strategist and president of Leap Consulting

Meanwhile, some view celebrities as elites.

"So when elites … come out and say support Clinton, when you believe the elites in Washington are the cause of the problems in the U.S., then they have no impact on the people who vote."

Clive Veroni, a brand strategist and president of Leap Consulting, said that the celebrity endorsements were important for Clinton supporters. "It kind of reinforced their self perceptions and their perception of Clinton as a brand and made them feel better about her as a candidate," said Veroni, also author of Spin: How Politics Has the Power to Turn Marketing On Its Head.

But for the other half of the electorate, Trump supporters, many of them white males without a college education, the celebrities endorsing Clinton were "exactly who they don't want to be associated with."

"It worked in the sense that it spoke to her base, but it didn't really attract anyone on the other side of the aisle," he said.

But more than associating themselves with celebrities, Veroni said the concerts and events held were an attempt to capture data and reach out to people, particularly millennials and racial and ethnic minorities and encourage them to vote.

Exit polls show Clinton secured 55 per cent of the vote amongst those aged 18-29, while Trump won 37 per cent. But Clinton's numbers were lower than those of U.S. President Barack Obama in 2008 and 2012 (60 per cent and 66 per cent, respectively), according to the Pew Research Center.

Veroni said there probably weren't many undecided voters leading up to election day, but that celebrity endorsements wouldn't have made much difference on these individuals.

"I don't (think) anyone would have been particularly swayed in their allegiance to one political party or another based on which celebrity is going and giving a concert for them," he said.

In Paul Gross's Hyena Road, three conflicts stand at the intersection of modern warfare, a murky world of fluid morality in which all is not as it seems. CONTRIBUTED

Gripping films that pay tribute to soldiers

REAL STORIES

War movies that serve as a Remembrance Day backdrop

Richard Crouse
For Metro Canada

William Shakespeare wrote, "Praising what is lost makes the remembrance dear," a fitting sentiment for the most solemn day on the calendar.

Every November 11 we pay respect to "the men and women who have served, and continue to serve our country during times of war, conflict and peace." In observation, here's a list of movies to serve as a backdrop on this sombre day.

The Best Years Of Our Lives is 70 years old, but the story of servicemen struggling to rebuild their lives after the Second World War is timely and relevant.

Perhaps it feels so authentic because the crew were all Second World War veterans and the main character, who faces discrimination after losing both hands in combat, was played by real-life Nova Scotia-born disabled vet Harold Russell.

The actor, who lost both his hands while training paratroopers, won two Oscars for his work, a best supporting award and another for being an inspiration to all returning veterans, making him the only performer to win twice for the same role.

The Hill, a little known British film that features one of Sean Connery's best performances, shows war from a different point of view. Set during the WWII in North Africa, it's the story of a stockade run by Brits to punish deserters. Writer Ray Rigby based the screenplay on his two terms in military prison. Connery wedged it in between Goldfinger and Thunderball and it is a stark contrast to the glamorous work he was doing in the Bond films.

We can't talk about war films on Remembrance Day without paying tribute to Canadian soldiers. A pair of films from Paul Gross, **Passchendaele** and **Hyena Road**, are the best-known homegrown explorations of Canadians in battle, but they are very different films.

Passchendaele is a hybrid of romance and war movie based around the 1917 battle for Passchendaele that lasted four months and claimed 600,000 causalities on both sides. The story sprung from a conversation Gross had with his grandfather who told him about bayonetting a young German, killing him during a battle. Years later as his granddad lay dying in a hospital bed he asked for forgiveness over and over. Only Gross knew he was speaking to the young German he had killed in the First World War.

The Hill is one of Sean Connery's best performances. HANDOUT

Gross based the screenplay for Hyena Road on another personal experience, conversations he had with Canadian troops in Afghanistan. It's a complicated part of the world, but this isn't a complicated movie. It's a film that clearly and concisely states its thesis that this conflict isn't a matter of winners or losers, but of uncertainty that will eventually lead to an end state.

In that way it's more Zero Dark Thirty than American Sniper.

"Passchendaele was partly the way it was because it was the bridge between the romantic period and the modern era," says Gross. "I think Hyena Road is post-modern in that the nature of warfare contains almost no romanticism anymore. It's very complicated."

Hollywood has never shied away from depicting fighting Canadians. Christopher Plummer plays Canadian fighter pilot Colin Harvey in **Battle of Britain**. Lloyd Bridges was Canadian Commando Major Jamie Wilson in **Attack on the Iron Coast** and the **Devil's Brigade** saw a special forces unit created from Canadian Army troops and a motley group of U.S. Army misfits.

metro THE KIT REPORT

#YVR INDEX

The Kit Compact—Canada's fave beauty and fashion brand—brings you the best of Vancouver's style scene

Lucy Yun (@beyunique), snapped outside the Mount Pleasant Hootsuite HQ. PHOTOGRAPHY BY BENJAMIN KWAN

KENZO X H&M TOP, $99, PANTS, $199, EARRINGS, $40, SELECT H&M STORES. H&M SUNGLASSES, SHOES, H&M

STREET STYLE
LOCAL HERO
Style star Lucy Yun shares her VanCity hot spots

NEIGHBOURHOOD WATCH

Fave boutique
"Middle Sister Boutique (2137 W. 4th Ave.) is filled with carefully curated, one-of-a-kind designer collections from Seoul, Montreal and Vancouver."

Can't-miss mani
"Crescent Nail & Spa (1066 W. Broadway) is amazing! It's managed by a talented mom and daughter duo, Kelly and Jennifer. I'm getting chrome nails done this fall. Trust me, you will be wowed!"

Local coffee shop
"Aperture (243 W. Broadway) has such great coffee, brewed with Intelligentsia coffee beans. I rely on the 6-oz. flat whites."

Must-have meal
"Katsu Curry at ShuRaku (833 Granville St.) is a Japanese curry rice with panko-crusted deep-fried pork slices on top that comes in a sizzling-hot stone bowl—such a comfort food for me!"

Trusted salon
"Shay (@shaytopaze) at Artel Salon (3588 Fraser St.) is my go-to hairstylist, who is a creative colour magician! Last time, we did purple roots with pink ombré, which turned out greater than I could have imagined."

HAPPENING NOW:
PEST CONTROL
Creepy-crawlies swarmed Thomas Tait and Alexander McQueen's collections, spawning a flurry of insect-flecked accessories. Best part is, they don't bite!

1. DELFINA DELETTREZ RING, $9,740, ARCHIVES, TORONTO.
2. SELIMA OPTIQUE SUNGLASSES, $980, SELIMAOPTIQUE.COM.
3. OLIVIA BURTON WATCH, $300, HOLTRENFREW.COM.
4. AQUAZZURA SHOES, $1,970, NET-A-PORTER.COM.

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FROM THE EDITORS OF THE KIT compact
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Director Denis Villeneuve and Jeremy Renner on the set of the film Arrival. CONTRIBUTED/PARAMOUNT PICTURES

From the beginning

EXTRATERRESTRIALS

Villeneuve's Arrival is science fiction with a brain

Richard Crouse
For Metro Canada

In Arrival, a new humanistic sci-fi film from future Blade Runner director Denis Villeneuve, Amy Adams plays a woman who sees life on a fractured timeline, like a Tarantino movie where the beginning is the end and the end is the start.

She plays Dr. Louise Banks, a linguist recruited by the U.S. Military to communicate with giant alien heptapods — think Kang and Kodos from The Simpsons — who have landed in Montana and 11 other sites worldwide. Are the ETs scientists, tourists or warriors?

"Most science-fiction movies are about a display of technology or weaponry," says Villeneuve, "and Arrival is not that at all. It is an intimate story about a linguist who is confronted by a huge challenge. In a way, Arrival has some elements of a sci-fi movie but it is closer to a strange cultural exchange."

War of the Worlds, this is not. Based on the short story Story of Your Life by Ted Chiang, this is an alien invasion film with more in common with the heady sci-fi of Andrei Tarkovsky and the crowd-pleasing emotionalism of Steven Spielberg's Close Encounters of the Third Kind. It's more about the importance of communication — "Language is the first weapon drawn in conflict." — than alien technology or Independence Day style Martian marauding.

The story is an exploration of the unknown, exactly the thing that sparked Villeneuve's interest in the script and to the genre in general.

"The vertigo that is created by the unknown," he says, "that is what attracted me to sci-fi."

The director, who is currently putting the finishing touches on Blade Runner 2049 starring Ryan Gosling, says he was a bit of a Walter Mitty type while growing up in Quebec.

"I was really a dreamer and was surrounded by science fiction coming out of Europe. There is a moment I remember vividly. At a very young age one of my aunts came home one night and she had brought two or three big cardboard boxes filled with magazines. Those magazines were all about sci-fi. Those boxes changed my life because of the amount of the poetry and creativity among the guys that were drawing those comic strips. They were very strong storytellers. They were all like mad scientists playing with our brains. They really influenced me big time as a youngster and then came the wave of sci-fi movies coming out of the US that were so strong at the end of the seventies."

He cites a Stanley Kubrick masterpiece as a potent example of the kind of sci-fi that lit his imagination on fire.

"The biggest impact was 2001: A Space Odyssey," he says. "The first time I saw it was on television. I remember vividly the vertigo that movie created. Even though I saw it on TV I still think it is one of the most significant cinematic experiences I have had."

In Arrival Villeneuve takes a page from Kubrick's playbook and by the time the end credits roll he presents the audience with a climax that is both spacey and grounded.

"It is a privilege when you can take a camera and ask people to sit for two hours in a theatre," says Villeneuve. "It is nice if you take that privilege to explore something out of our reality, to bring some poetry to it."

Even though I saw (2001: A Space Odyssey) on TV, I still think it is one of the most significant cinematic experiences I have had.
Denis Villeneuve

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Love conquers all in civil rights drama

INTERVIEW

Co-star hopes film will spark compassion, outrage

Actress Ruth Negga sees the 50-year-old story of American interracial couple Richard and Mildred Loving revealing itself onscreen like a couple's dance in the fact-based drama Loving, opening Friday.

Richard Loving (Australian actor Joel Edgerton) begins the film by leading. "Slowly, the hand positions change and she's the one taking control. And I think that's really important," said Negga, hours before Loving had its North American premiere at the Toronto International Film Festival.

Over the nine years that Loving covers, it is a joy to watch Negga's portrayal of Mildred as she goes from shy country girl to confident woman, speaking up with gradually revealed determination against the unfairness endured by her family at a time when many voices were silenced. It's not surprising Best Actress Oscar talk began when the movie had its premiere at Cannes in May and again in September at TIFF.

"I think it's important to see a woman who's quite reserved and shy and quiet show a certain strength, because there's many kind of strengths isn't there?" said the Ethiopia-born and Ireland-raised Negga in her soft Irish lilt.

The Lovings were a Virginia couple who married in 1958 and had a family at a time when interracial unions in that state and others were outlawed. Mildred Loving was African American and native American; Richard Loving was white.

The couple went to neighbouring Washington, D.C., to marry and returned home, where Mildred was jailed after their relationship was discovered. The Lovings were forced to leave Virginia permanently, raising their three children in Washington, away from family and all things familiar to them, or face imprisonment. A resigned Mildred bore it with quiet dignity until she couldn't stand the injustice any longer.

She wrote a letter to then-U. S. attorney general Robert Kennedy asking for help with their civil rights case, which was eventually taken up by the American Civil Liberties Union. They fought to the Supreme Court.

Negga, born to an Irish mother and Ethiopian father, needed to do considerable research both into that time in America and her character. She turned to Nancy Buirski's 2011 documentary The Loving Story, calling it "my Bible," not only for providing her introduction to "accidental hero" Mildred and the racial politics of the time, but also for the footage of the "bucolic beauty" of rural Virginia, where Loving was filmed.

Written and directed by Jeff Nichols (Take Shelter, Mud), the depth of feeling between the Lovings and the forced suppression of their emotions play out as profoundly genuine. The drama also benefits from careful production design and scenes often suffused with muted golden light, along with costumes that accurately convey not only the time the story is set, but the Lovings' modest means.

"That's what reading Jeff's script is like. And even the colour, there's these tone-y colours, this great light to our film. Amber light. And there's something so warm and inviting and beautiful. Reading the script I felt that sort of energy. I felt those colours come through."

> **"I think it's important to see a woman who's quite reserved and shy and quiet show a certain strength.** Ruth Negga

She credits her co-star Edgerton who, like her, came from a theatre background, with helping create her characterization of Mildred. That process was aided by spending two weeks in Virginia before filming began, meeting the Lovings' only surviving child, Peggy, visiting the couple's graves and seeing the cell where Mildred was jailed.

These experiences helped her form thoughts about the nature of the Lovings' relationship.

"The overwhelming thing you come away from when you watch the picture is that (they are) deeply connected . . . deeply, soulfully connected, deeply in love," she said. "And what's apparent is that love is the kindest, most gentle, most loving respectful love I've ever seen between two human beings. You could almost see it."

TORSTAR NEWS SERVICE

Ruth Negga (Mildred Loving) and Joel Edgerton (Richard Loving) bring to life the story of a couple who married in Virginia in 1958 when interracial unions in that state were against the law. THE CANADIAN PRESS/HO-TIFF-BEN ROTHSTEIN

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JOHANNA SCHNELLER WHAT I'M WATCHING

Eloquent plea for a little grace

THE SHOW: U.S. election coverage, Nov. 8 (CNN, YouTube)
THE MOMENT: Van Jones' plea

CNN's Van Jones had a deeply emotional reaction to Donald Trump's win. CONTRIBUTED

Sometime after midnight, when it became clear that Donald Trump was going to become the next U.S. president, CNN correspondent Van Jones congratulated Trump supporters. Then he delivered the two most eloquent minutes of this brutal campaign.

"People talked about a miracle," he said. "I'm hearing about a nightmare. People are putting their children to bed, afraid of breakfast. Muslim friends are texting me, asking should I leave the country. Families of immigrants are terrified tonight.

"This was a rebellion against the elites, true," he continued. "But it was also something else. This was a whitelash. A whitelash against a changing country, against a black president. . . . Donald Trump has a responsibility tonight to reassure people that he is going to be the president of all the people he insulted and offended and brushed aside. . . . This is a deeply painful moment."

At the bitter, limping end, what was remarkable was how quiet it was. Pundits on both sides were stunned. On ABC, George Stephanopoulos strained to stay neutral, aging before our eyes. On CNN, Anderson Cooper asked Trump's surrogates, "What do you think, will he build the wall now? Will he lock up Hillary Clinton?" No one even tried to answer.

As he was throughout the campaign, Jones was a steady voice of reason. When Corey Lewandowski, Trump's ex-campaign manager, tried his trademark indignant sputter when Clinton didn't address the nation, Jones told him to knock it off. "You won," he said. "Now is the time for a little grace."

Here's hoping that's not an impossible dream.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

SPACE TRAVEL

Series a reminder Mother Earth won't support us forever

Mars' series brought together scientific consultants, director Everardo Gout, producer Justin Wilkes as showrunner, and executive producers Ron Howard and Brian Grazer. ROBERT VIGLASKY/NATIONAL GEOGRAPHIC CHANNELS VIA THE ASSOCIATED PRESS

The brave Daedalus crew of six is travelling to Mars.

Their trip will take months. But once they land, their plan isn't to grab some rocks and hurry back to Earth. They aim to make Mars home.

Such is the saga of Mars, an innovative hybrid of drama and documentary premiering Monday at 9 p.m. EST on the National Geographic channel (with the first of its six weekly hours now available for free streaming).

The voyage takes place in 2033, but don't take this saga as futuristic pie-in-the-sky. It's worth noting that 2033 is just 17 years away and that, for many viewers, 1999 — just 17 years ago — seems pretty recent.

Besides, this sci-fi odyssey is grounded in hard facts and scientific rigour, as reflected in the unscripted documentary sections clearly labelled "2016."

"Getting to Mars will be risky, dangerous, uncomfortable, but it'll be the greatest adventure ever in human history," says SpaceX CEO Elon Musk, among many farsighted "big thinkers" heard from in the series who thinks there's money as well as glory to be found in Mars colonization.

But this is more than manifest destiny.

Andy Weir, whose novel The Martian inspired the 2015 film of the same name, voices an even more compelling motivation: hedging earthly bets. "We need to go to Mars because it protects us from extinction," he declares.

Mars has brought together a number of collaborators. Besides its scientific consultants, the series claims director Everardo Gout, Justin Wilkes as showrunner and, among his fellow executive producers, Oscar-winning Ron Howard and Brian Grazer.

How in the world did the project come together? Initially, from conversations between various parties who each proposed "Let's do Mars," according to Grazer, "though at first we didn't really know what we were doing. Mars implies so much: It ignited some dream in each of us."

"The series was a balancing act," says Howard. "It had a documentary component, which is always a question mark at the beginning. Then came fully scripting and shooting the drama, which was meant to take the ideas we were learning and personalizing them. We wanted to be as cinematic and propulsive as we could be, but verisimilitude was a grounding principle and an obligation."

Cut to 2033.

"Some of us, if not all of us, will almost certainly die on this mission," Ben Sawyer, Daedalus mission commander, reminds his crew.

This may sound gloomy, but Ben Cotton, who plays Sawyer, hails astronauts as inherently upbeat.

"It was interesting to jump into that perspective," he says, "because as an actor you get trained to go toward the turmoil, the darker end of things. It was cool to be in that positive space."

"Astronauts are passionate, but they're not crazy," adds series consultant Mae C. Jemison, a former NASA astronaut who flew on the Space Shuttle Endeavour in 1992. "They're dreamers and have great imaginations, but at the same time they're very practical."

Wilkes reiterates a series message: Mother Earth won't support us forever.

"In terms of the long game," Wilkes says, "it seems like a pretty good bet that we should try to become interplanetary. But in the process maybe we'll also find a way to get along with each other to do what we need to do on this planet."

Cynics might say that humans, well on our way to trashing Earth, simply mean to ditch it for a new world to waste. This series begs to differ.

"It's not that we're just trying to escape our problems here," says Wilkes. "We're trying to use a Mars mission as a way of fixing our interrelationships on Earth." THE ASSOCIATED PRESS

metro HOME

Your essential daily news

Ellen DeGeneres to launch three new homes collections for 2017

Spacious and bright living

THE LLOYD AT WINDSOR GATE

CONTRIBUTED

Project overview

The Lloyd is the latest collection of high-rise apartment residences at Polygon's mature, park-like master-planned community of Windsor Gate. Spacious and bright homes offering views of the North Shore mountains and the valley offers residents the chance to enjoy luxury living at home, or walk out into the established Coquitlam neighbourhood.

Housing amenities

Inside, contemporary interiors feature open play layouts, warm wood-style laminate flooring, natural light and spacious balconies. Residents also gain exclusive access to the Nakoma Club – Windsor Gate's 18,000 square foot private clubhouse featuring an outdoor pool, gymnasium and more.

Location and transit

Located next to Coquitlam Town Centre, The Lloyd is minutes away from popular bus stops and the upcoming Evergreen Line SkyTrain Expansion. It's also easy to drive to beautiful Anmore and Belcarra for a day at the beach, or head out to Vancouver for some time in the big city.

In the neighbourhood

While the Windsor Gate community is private, residents are in a prime location as they're mere steps from the Coquitlam River and Lafarge Lake. In the neighbourhood, students can attend some of the top schools in the region, enjoy shopping at several local stores (including Coquitlam Centre), or enjoy a show at the performing arts venues.

NEED TO KNOW

What: The Lloyd at Windsor Gate
Developer: Polygon
Builder: Polygon Lloyd Tower Ltd. And Polygon Windsor Gate Ltd.
Designer: Architecture by Rositch Hemphill & Associates, Interiors by Polygon Interior Design Ltd.
Location: Coquitlam Town Centre
Building: High-rise apartments
Sizes: 1,050 to 1,243 sq. ft.
Model: Two bedroom plus flex and three bedroom homes
Price: Please contact sales manager for details
Occupancy: Summer 2018
Phone: 604-942-8416
Website: polyhomes.com/community/the-lloyd

Planted close together, endives' outer leaves fold up to keep light from inner leaves, making them sweet and tender.

LEE REICH/THE ASSOCIATED PRESS

GARDENING

Manage light for flavour, tenderness

To make a vegetable more tender and less bitter, consider blanching. Plants blanche when they lose chlorophyll, which gives them their green colour. Depriving plants of light for some period reduces their chlorophyll.

Other things that make plants blanche: If leaves can't get their fill of iron, they show it by turning yellow, at first only the youngest leaves and in the spaces between the veins.

A few methods can be used to keep light off all or part of a vegetable to make it blanche. You can blanch some leafy heads of endive by simply inverting clay flower pots over them. You can also plant some so close together that their outer leaves were pushed up and over the inner ones, which then blanches.

Celery and leek stalks can be blanches by piling soil against them, and cauliflower heads by tying together their outer leaves, or just snapping down one leaf to lie over the head. Dig endive roots in the fall and plant them in boxes and then bring them down to the basement, where the roots will push out pale, new sprouts. You can make cardboard collars to wrap around and keep light from cardoon stalks.

Cauliflower and celery are rarely blanched nowadays because self-blanching varieties — Golden celery and Snowball cauliflower — have been developed. Even conventional celery is rarely blanched anymore because most of us prefer the more robust flavour and texture of unblanched celery. White asparagus is now rare for the same reason.

Even vegetables that are improved by blanching cannot be blanched willy-nilly. That chlorophyll is what harvests sunlight, converting it to energy for plant growth. Young vegetables need to grow, so can't afford to give up their sunlight.

Also, tender stems and leaves that result from blanching are more prone to rot and insect attack, whether the plant is young or old. And fully grown plants need some energy just to stay alive.

THE ASSOCIATED PRESS

Design cribbed from modernism

TRENDS

Pieces that can be repurposed popular with today's parents

These days, nurseries tend to look as polished as the rest of the house. DEBRA NORTON/FOR TORSTAR NEWS SERVICE

Once upon a time, baby's room had a style all its own. But today's parents want the nursery to blend with other rooms, reflecting a modern esthetic.

Furniture designers and retailers have responded with lots of interesting options.

Jonathan Adler recently launched a collection of nursery furnishings for Fisher-Price. The New York-based designer's line includes a chic sleep-and-play rocker with a high-contrast, black and white graphic textile, and walnut and steel legs with a midcentury modern vibe. A convertible crib features Adler's signature honeycomb motif, and Ming-inspired feet capped in polished nickel.

"I wanted to incorporate some of my favourite motifs and materials, to elevate the Fisher-Price design esthetic," Adler says. "The collection has a whisper of Italian Modernism and a twinkle of design panache."

Walmart's Baby Mod Olivia crib, offered in an on-trend white and amber combo, is also a convertible model, which can be reconfigured into a daybed and toddler bed as your child grows.

Convertibles are a trend, according to Jill Fehrenbacher, founder of the design site Inhabitat and its offspring, Inhabitots.

"We're seeing a growing interest in multifunctional furniture," she says, "and this is especially true of new parents who are anxious about buying a storeful of baby gear. The idea that a crib could convert to a changing table or toddler bed is one with inherent appeal because it extends the value of what's typically a large purchase."

Fehrenbacher herself is a fan of the Oeuf, created by New Yorkers Michael Ryan and Sophie Derenge.

"Awesome functionality, safety and clean modern looks," she says. "I bought this crib for my son and we're still using it now as a toddler bed for my four-year-old. It's moved through two different homes, from the Atlantic Coast to the Pacific, and has weathered it all beautifully."

> **"We're seeing a growing interest in multifunctional furniture.**
> Jill Fehrenbacher, Inhabitot

Other affordable cribs can be found at Ikea, where the trim, contemporary Sniglar, Sundvik, Gulliver and Hensvik models sell for around $100. For just under $200, the Stuva includes under-crib storage drawers in several colours.

Babyletto's Hudson crib has midcentury lines, sustainable New Zealand pinewood construction and a range of colours — several neutrals, as well as two-toned versions. The company's new Bingo crib incorporates handy storage cubbies and comes in a right-this-minute white/ash/cool mint colour scheme.

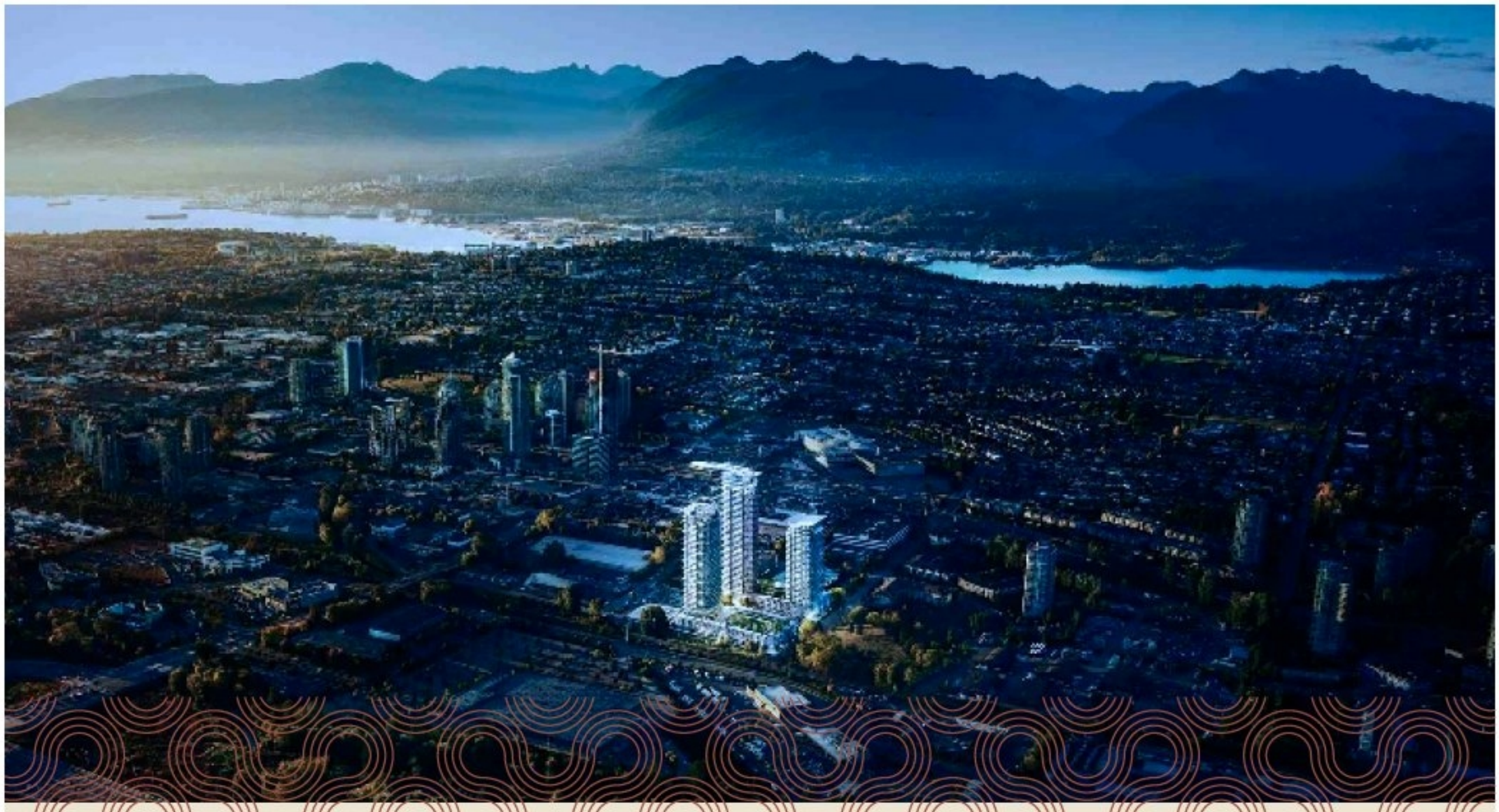
P'kolino's Belle crib has a lattice-patterned headboard that contrasts nicely with a deep grey, shell pink or pale blue base.

The Geo version puts a gender-neutral geometric layer on backgrounds of coral, grey or navy. P'kolino's website offers customizing, too; you can design your own headboard from an array of images, colours and fonts.

If budget's not an issue, consider Ubabub's futuristic Pod crib. Curved plywood forms the front and back of the crib, while clear acrylic, laser-cut with tiny stars, makes up the side panels.

Nurseryworks is always pushing the proverbial envelope on baby furnishings. One of their signature pieces, the solid acrylic Vetro crib, seems to float in space, letting other nursery elements provide colour and pattern. Another crib — the Gradient, designed by Matthew Grayson and Eric Lin — has undulating 3-D forms that create an asymmetrical silhouette.

"The goal, and challenge to ourselves, is to create something that doesn't conform to the standard perception of what a crib is supposed to look like," says Lin. THE ASSOCIATED PRESS



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MAC Marketing Solutions

A manifesto for a beautiful home

INTERVIEW

DIY guide has a no-rules approach to design

Tiffany Pratt breezes into the small bakery carrying a vintage art book under her arm.

"I just picked this up off the sidewalk, someone left it there so I had to rescue it, " says Pratt, her signature orange hair glowing in the late morning sunlight.

Pratt is a Toronto-based designer, stylist, artist and TV personality — you might recognize her from her roles on HGTV's Home to Win and Buy It, Fix It, Sell It. She's adding published author to the list with the release of her DIY book, This Can Be Beautiful.

It's full of colourful projects presented with a no-rules approach to creating and a promise to redesign your life.

Tiffany Pratt says she's always looking for "the weird, the old and the ugly" to create beautiful things out of. TARA MCMULLEN

Your book is a kind of manifesto for embracing creativity. How did you come to this place in your life where you have the courage and confidence to do what you love?

My father passed when I was seven and my mom raised me and my sisters by herself. She encouraged us to tap into who we were. So I think it was through my upbringing with my mom and art. Over the years and through my 20s, I did a lot of self exploration. I had this amazing opportunity to work in fashion in New York and I really got heartbroken. I thought it was supposed to be creative and I thought everyone was supposed to be so eccentric and interesting and it really wasn't. And so I needed to carve my path and find out who I was and who my people were and where that was.

You're in a business where you have to be creative every day. Do you always wake up full of energy? What do you do when you don't?

This is going to sound all Hocus Pocus; somewhere inside of me is this burning thing that no matter what has happened, and even if the pilot light got so low that I thought it was going to go out, somewhere inside of me is this thing that even when I think I've got nothing it just resurrects. I just have to remember it and call on it ... So I cut the crap. I tune out the noise. And I get back to the things that I know got me to where I am.

How do you feel about places such as Pinterest? I find that going there when you are looking for inspiration can almost create a fog, a creative fog. Where do you go for inspiration?

I was at one point years ago going to create a T-shirt line that said "F— Pinterest." I thought that Pinterest really shut down everyone's ability to trust themselves and their taste. Truthfully, I don't do Internet stuff ... I believe there is an energetic suck when you get on your computer. Comparison — that's the death of creativity.

What are some favourite spots to go to find crafting treasures?

Garage sales and yard sales because people get rid of stuff in mass quantities and that's what I'm always looking for when I'm making things — bags of old beads, bags of old jewelry, weird old Christmas decorations. I'm always looking for the weird, the old and the ugly. I shop local as much as possible. For me, life is like a scavenger hunt.

TORSTAR NEWS SERVICE

SIMPLE TIPS BY PRATT

- **Paint.** "It's cheap, accessible and really transformational."
- **Cull your space.** "I don't believe in keeping things that don't bring you joy."
- **Make old and new interact.** "I believe in keeping the things that have soul ... and sprinkling in new amongst that."

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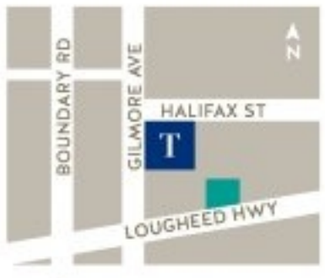

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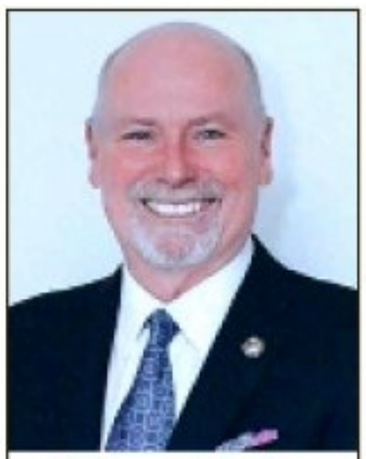

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AT LOUGHEED HEIGHTS

So future generations never forget

REMEMBRANCE DAY

Shared history and memories unite Canada's young and old

Nina Dragicevic

Losing multiple poppies from your coat lapel. Black and white photographs of soldiers with inscrutable expressions. Faithfully reciting In Flanders Fields with your classmates. And a long moment of silence, trying to imagine experiences that are essentially unimaginable.

For many of us growing up, Remembrance Day was an annual tradition staying alive in classrooms and archival footage, as if it were only a distant, historical artifact. War may not feel close to our, or even our parents', experiences — particularly so in multicultural Canada, where many of our families have come from other countries; choosing this home for the very rights and freedoms we may take for granted.

Across our generations and multicultural wealth, what exactly does Remembrance Day mean in 2016?

It means, says Veteran Affairs Minister Kent Hehr, that the passage of time only increases our duty to remember.

"We are in a very significant period of remembrance right now," Hehr says to Star Metro in an emailed statement, "having recently celebrated the 100th anniversaries of the Battles of the Somme and Beaumont-Hamel, and looking ahead to the 75th anniversary of the Dieppe Raid and the 100th anniversary of the Battle of Vimy Ridge next April."

The sacrifice in these battles was staggering — more than 24,000 Canadian soldiers were wounded or killed in four and a half months during the Battles of the Somme and Beaumont-Hamel. The Dieppe Raid, a pivotal moment in the Second World War, was an offensive of 6,100 soldiers — nearly 5,000 of which were Canadian. Only 2,210 returned to England. The Battle of Vimy Ridge was a celebrated Canadian triumph, but it came at an enormous cost: 11,000 Canadian casualties.

"Memories speak volumes, which is why learning about our country's military history will ensure that future generations never forget the sacrifices of the brave men and women whose legacy is the freedom they continue to enjoy today," Hehr says. "Since confederation, Canadians from all walks of life have answered the call to serve, whether they be new Canadians or are those who have service as a family tradition."

A young boy pins his poppy to a foam cross held by a member of Canada's Armed Forces (Navy). ISTOCK

POPPY ETIQUETTE

- The Poppy Campaign runs from the last Friday in October until Remembrance Day on Nov. 11.
- The poppy can be worn on the lapel every day of the Poppy Campaign, and is removed at the conclusion of the Remembrance Day ceremony.
- The poppy may also be worn on anniversaries of significant battles, during memorial services and other commemorative events — however, event organizers are asked to consult with the Royal Canadian Legion in advance.

- As a gesture of respect at the end of a Remembrance Day ceremony, some choose to place their poppy on a wreath or at the base of a memorial.
- The poppy is worn as close to the heart as possible, on the left lapel of a coat or other garment.

Sources: The Royal Canadian Legion and Veteran Affairs Canada

Stephen Quick, director general of the Canadian War Museum in Ottawa, says our national moments of remembrance connect all Canadians with one another, young and old, from coast to coast.

"Commemoration always begins on a personal level, even in 2016," Quick says. "It gives us a sense of connection to those that gave the ultimate sacrifice or who served their country and lived with the memory all their life.

"Ultimately it is a way to connect to our family, our community and to stand together as a nation for two resounding minutes of silence that are, in reality, the deafening roar of the heartbeat of a country."

A lasting legacy

Although the great wars are now several generations behind her, Jamie Lunn is one millennial on a mission to preserve Canada's military heritage. Her story begins at birth.

In 1988, Lunn was born missing her right arm, below the elbow. "I was my parent's first child and they weren't really sure what to expect down the road," she says, "what kind of questions I would have for them, would I have trouble cutting up my food or tying my laces, and would I feel comfortable in my own skin?"

Her family was contacted by The War Amps, an organization with a history stretching back almost 100 years. They asked Lunn's parents if they wanted to enrol their daughter in the Child Amputee (CHAMP) program, which would provide comprehensive resources for her, including funds for artificial limbs. She enrolled at the age of one and has been involved ever since.

As she grew up, Lunn would learn the rich history of her benefactors. The War Amps was founded by amputee veterans returning from the First World War in 1918, based on a philosophy of "amputees helping amputees." This group supported each other and, later, veterans from the Second World War, providing funds and resources to integrate into society after losing limbs in combat.

After these generations of veterans had looked after each other, they expanded their program to all citizens. "These servicemen were amazing people," Lunn says. "They wanted to continue giving back to Canada … expanding their help to civilian amputees and child amputees."

Today, Lunn is the public awareness officer of The War Amps, and a proud member of Operation Legacy — a group of young Canadians, and members of the CHAMP program, that are committed to preserving Canada's military heritage.

These youths lay wreaths on Remembrance Day and other commemorative ceremonies throughout the year, conduct presentations for schools and community groups, offer library donations of The War Amps Military Heritage Series documentaries, and participate in candlelight ceremonies and other special events.

"As a representative of Canada's youth," says Lunn, "we are representing that (our generation) will never forget."

"We're able to really teach others about the sacrifices made by all those who have served," she says. "A few years ago, we saw the end of an era when the last First World War veteran passed away. At that time, it was good to sit and reflect. As youths of Canada who had listened to stories from First World War veterans — we're the ones who now need to pass on their stories."

THIS SPECIAL REPORT WAS CREATED BY CONTENT SOLUTIONS, INDEPENDENT OF METRO EDITORIAL.

WE REMEMBER

MEMBERS OF CANADIAN LEGION, VETERANS SOCIETY AND ALL THOSE WHO SERVE

Col. Graham Frederic Blyth

Born in 1914 - *Died* 1999
Served in WWII 1940-1945
Picture taken at Canadian Counter Branch at 1st Canadian Headquarter in Apeldoorn, Holland 1945

Robert Smith Born on Nov. 4th, 1925

Robert Smith was a war hero who provided a remarkable service to Canada and other Common Wealth countries. At the age of 17 he joined WWII. He was torpedoed, badly injured and rescued in the middle of the ocean. He was highly decorated by the King of Norway.

Fred Scott, 43rd Cameron Highlanders

Frederick George Scott (1888-1963) served in the 43rd Cameron Highlanders at the Battle of the Somme, 1916. He survived sniper and shrapnel wounds, returning to Canada to his wife May Scott (né Chacksfield); and daughter (my mother) Irene Plear. - Scott Plear, Vancouver.

Special tribute to Reed brothers in defense of Hong Kong, 1941

Edger Reed, Private
3 Coy HKVDC KIA *Jardine's Lookout, December* 19, 1941

Francis Reed, Gunner
5AA Bty HKVDC KIA *December* 18, 1941

Stephen Reed, Private
3 Coy HKVDC *wounded and later died January* 15, 1942

Arthur Reed, Private
3 Coy HKVDC KIA *Jardine's Lookout December* 19, 1941

Reggie Reed, Private
HKVDC (Reg #3556) *surrender, spent* 3 *years* 8 *months in Shamshuipo Camp*

Lest We Forget

Library and Archives Canada, PA-201259

WWII ENDED IN 1945.
CHINESE CANADIAN SOLDIERS HAD TO FIGHT FOR TWO MORE YEARS.

Before WWII ended, Chinese Canadians experienced a lot of discrimination. They could not vote or swim in public pools. They were limited to working in restaurants, laundromats and grocery stores. Few were allowed to live outside of Chinatown. Despite this, they still wanted to fight for the country that did not recognize them as full citizens. Thanks to their war service, Canada finally changed its legislation in 1947 and allowed all Chinese Canadians the right to vote. For other interesting battle stories, visit our museum inside the Chinese Cultural Centre, 2nd Floor, 555 Columbia Street, Vancouver. www.ccmms.ca

CHINESE CANADIAN MILITARY MUSEUM

NO TANKS. NO GUNS. JUST STORIES.

metro SPORTS

MLB has opted to destroy Cleveland World Series title merchandise instead of donating it to the needy like it has with past runners-up

NBA

Cavs, Trump visit White House today

LeBron James and his Cleveland Cavaliers teammates will be at the White House on Thursday.

An unexpected guest will be there, too.

The visit by the reigning NBA champions will coincide with president-elect Donald Trump's meeting with President Barack Obama to discuss the handover of power and transition following a shocking election that left James — and millions of Americans — wondering about the future.

LeBron James
GETTY IMAGES

Gov. John Kasich, a onetime Republican presidential rival who refused to endorse Trump and boycotted the Republican National Convention in Cleveland, also was to visit the White House on Thursday.

James had supported Hillary Clinton, appearing on stage with the former secretary of state at a campaign rally Sunday to urge Cleveland residents to vote.

On Wednesday, just hours after Clinton had conceded the election to Trump, James posted on his Instagram account that he woke up "looking and searching for answers on what has happened."

James wrote: "Parents and leaders of our children please let them know they can still change the world for the better! Don't lose a bit of faith! They're our future and we must remain stronger than ever!! Yes we all wanna lace up the boots, put on the hard hats and strike but that's not the answer. Love, genuine LOVE and FAITH will be the only thing that can get us through this."

THE ASSOCIATED PRESS

NBA

DeRozan steals Thunder on road

DeMar DeRozan scored 37 points to help the Toronto Raptors beat the Thunder 112-102 in Oklahoma City on Wednesday night.

DeRozan, the NBA's leading scorer, made 13 of 22 field goals and 11 of 15 free throws. Kyle Lowry added 19 points, 13 assists and nine rebounds.

Toronto, which shot 51.8 per cent from the field, has won four of five.

Russell Westbrook led the way with 36 points, seven rebounds and seven assists for the Thunder. THE ASSOCIATED PRESS

DeMar DeRozan
NBAE VIA GETTY IMAGES

NHL IN BRIEF

Canucks demote Virtanen

The Vancouver Canucks sent forward Jake Virtanen to the Utica Comets of the American Hockey League on Wednesday.

The 20-year-old Abbotsford native had one assist in 10 games this season. Virtanen had seven goals and six assists in 55 games with the Canucks last season.

THE CANADIAN PRESS

Blackhawks best Blues in OT

Artemi Panarin scored 25 seconds into overtime and Corey Crawford made 27 saves, leading the Chicago Blackhawks over the Blues 2-1 in St. Louis on Wednesday night for their seventh straight win.

Crawford won his sixth consecutive game and improved to 15-5-5 against the Blues.

THE ASSOCIATED PRESS

Alvarez calm going into eye of the storm

UFC

Lightweight champ sees McGregor as another victim

Eddie Alvarez waited to feel the magnitude of the moment as he stood eye-to-eye with Conor McGregor on a Madison Square Garden stage.

Alvarez, hyping the biggest fight of his career, wondered if nervousness would kick in as he stared down McGregor. Maybe anger. An adrenalin rush, something, that would sound the emotional bell inside his body that he shared space with one of UFC's top fighters.

He had listened to McGregor yap and boast with all of the theatrics reserved for a daytime talk show, and when the time hit in September for the UFC 205 headliners to finally face off, Alvarez felt nothing.

"My heart rate didn't go up not two beats," Alvarez said. "I was standing in front of that man and I didn't feel anything. I don't know what was going on. Maybe I was just off that day. But this guy made me feel nothing."

> **A lot of people are going to show up to watch me beat this guy up.**
> Eddie Alvarez

Trash talk? Perhaps, but the 32-year-old Alvarez insisted he had a detached demeanour because he viewed McGregor as just another victim on his roll call of champions that he will beat down for a win.

"I don't get caught up in names," Alvarez said. "I just fight."

His most pressure-packed fight yet — the one that could help launch Alvarez into McGregor-type paydays — is ahead.

Alvarez makes his first UFC lightweight title defence against McGregor on Saturday night at MSG in the promotion's return to New York for the first time since the state lifted the mixed martial arts ban earlier this year. McGregor, the Irish fighter with the brash public persona that made him one of UFC's top draws, is also the featherweight champion and has vowed to walk out of the cage with both championship belts draped over his shoulders.

Alvarez won the 155-pound title with a dramatic first-round stoppage of Rafael Dos Anjos in July on a UFC Fight Night card. McGregor is coming off a decision victory against Nate Diaz in a welterweight bout in August at UFC 202.

"A lot of people are going to show up to watch me beat this guy up," Alvarez said.

McGregor said this week he would "retire" Alvarez in the fight.

"It's over for you. You will not fight again after this," McGregor crowed. "You will not look the same. You will not think the same, and that's it."

Alvarez laughed off the threat — and made one of his own.

"We're about to take out arguably the biggest name in MMA," he said. THE ASSOCIATED PRESS

Eddie Alvarez will make his first title defence at UFC 205 in New York on Saturday.
JULIO CORTEZ/ THE ASSOCIATED PRESS

CFL

8 Lions named to West all-star team

Quarterback Bo Levi Mitchell was one of nine Calgary Stampeders named to the West Division all-star squad Wednesday.

Mitchell helped guide Calgary (15-2-1) to the CFL's best regular-season record. He threw for 5,385 yards and a league-high 32 touchdown passes.

CFL rushing leader Jerome Messam (1,198 yards), tackle Derek Dennis, guard Spencer Wilson, defensive linemen Micah Johnson and Charleston Hughes (CFL-high 16 sacks), cornerbacks Tommie Campbell and Ciante Evans and defensive back Jamar Wall were the other Stampeders.

Emmanuel Arceneaux caught 13 touchdown passes during the regular season. DARRYL DYCK/THE CANADIAN PRESS

Voting was conducted by the Football Reporters of Canada and the eight CFL head coaches.

The B.C. Lions had the second-most players named to the team with eight, including receivers Emmanuel Arceneaux (105 catches, 1,566 yards, 13 TDs) and Bryan Burnman (69 catches, 1,392 yards, three TDs). The others were tackle Jovan Olafioye, linebackers Solomon Elimimian and Adam Bighill and defensive end Alex Bazzie, punter Richie Leone and kick-returner Chris Rainey.

Quarterback Trevor Harris and receivers Chris Williams, Ernest Jackson and Greg Ellingson were among the 11 Ottawa Redblacks voted to the East Division squad. THE CANADIAN PRESS

TAKE THE BITTER OUT

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RECIPE Italian Roommate Pasta

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This pasta dinner is as satisfying as a mac and cheese but packed with healthy green veggies

Ready in 30 minutes
Prep time: 20 minutes
Cook time: 10 minutes
Serves 4

Ingredients
- 1 Tbsp of olive oil
- 1 medium onion, diced
- 2 cloves of garlic, minced
- 1 cup bacon, chopped into 1-inch to 2-inch pieces
- 500 grams of whole wheat fusilli
- 4 medium zucchini, julienned
- 3 eggs
- 1 cup Parmesan, grated
- Pepper to taste

Directions

1. In a large pan, warm up olive oil over medium heat and add onions, garlic and bacon. Allow bacon to crisp. Put a big pot of salted water on to boil for the pasta.

2. Chop zucchini into matchsticks and add to bacon mixture. Give it all a good stir so the zucchini gets well coated. Allow it to cook down for at least 15 minutes, stirring occasionally. Some of the zucchini will start to disintegrate and that's what you're after.

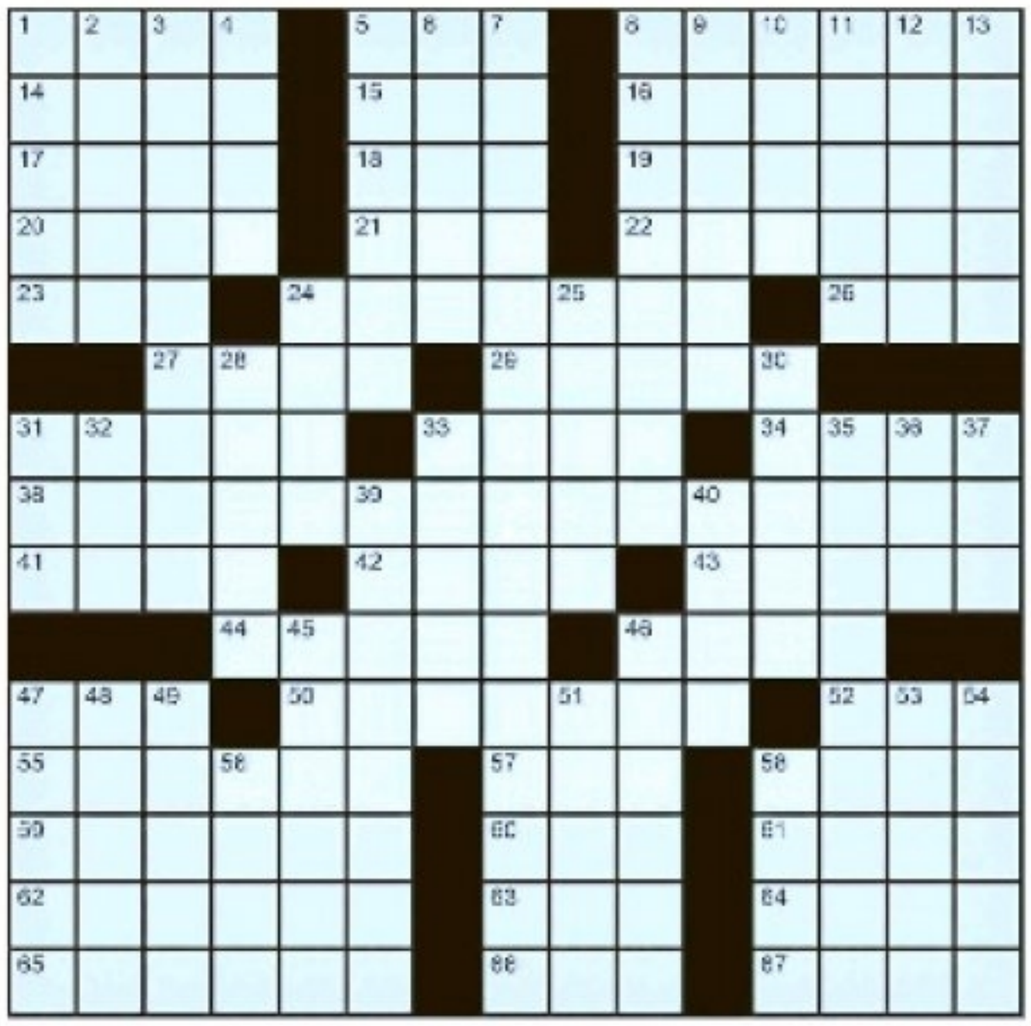
3. Cook pasta according to instructions. Drain well and throw the cooked pasta into the vegetables.

4. In a bowl, whisk the eggs and stir in the grated Parmesan. Pour the cheesy eggs into noodles and mix well. Cook over medium heat until the sauce just sets. The whole thing will go from wet to gooey in just a few minutes.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Beaming
5. Humanities degs.
8. Stave off
14. Lasso
15. Bronze __
16. Faith __
17. Long-gone soldier's stat.
18. Driveway cover
19. Captivate an audience
20. Hawk
21. Unfairly fix things
22. King Minos, for example
23. For
24. Most moistureless: 2 wds.
26. Long ago time
27. Ms. Paltrow, to pals
29. Happened to happen
31. Burning
33. Frigid fluff
34. Jazz improvisation
38. Kitchen nook, for example: 3 wds.
41. Squirrel's place for fun
42. ...cinq, six, __, huit...
43. __. Assistant (Office job)
44. Measuring stick
46. On __ (Without a contract)
47. Legume
50. Slab of artistic plaint blobs
52. "__ in Cleveland"
55. Not yet hatched
57. On: French
58. Not decorated
59. Pale
60. Three, in Tuscany
61. Vex
62. "Relax soldier!": 2 wds.
63. Eggs, in a laboratory
64. "The Desert Babbler" by __ & Wine
65. Waiter
66. 'Pseudo' suffix
67. Spot

DOWN
1. 'Get'
2. Decrease
3. Say "I'm sorry."
4. Big name in computers
5. __-of-honour
6. Another time
7. 1950s American TV adventure series about a Canadian Mountie, "__ __ of the Yukon"
8. That which Loyalists were loyal to: 2 wds.
9. Canadian camera store
10. Hourly pay
11. Winged
12. Kingly
13. What's 'in' now
24. Farewells
25. Legal right
28. More humorously ironic
30. Dodge
31. Set of scenes
32. "__ Your Eyes Only" by Sheena Easton
33. Superman, Man of __
35. Living room pieces
36. "Help __ _ think I'm falling..." - Joni Mitchell
37. Criticize
39. New York hockey player
40. Bewildered stare
45. Revolt
46. Current
47. Transformation-stage insects
48. Related maternally
49. Can do the task better
51. Topsy-__
53. Low ship deck
54. Super small
56. Norwegian king
58. Soft cheese

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Please remember that partnerships and close friendships are where your good fortune lies during the next 12 months. The year ahead is a great time for Aries to get married.

Taurus April 21 - May 21
During the next 12 months, you can improve your job or get a better job. (It's your best chance in over a decade!) Believe this and make the most of this opportunity!

Gemini May 22 - June 21
Grab every opportunity in the year ahead to enjoy a vacation. Your theme for the next 12 months is about pleasure, romance and socializing with others!

Cancer June 22 - July 23
Explore every opportunity to enhance your real-estate situation in the next 12 months. Figure out how you can have a better, happier home.

Leo July 24 - Aug. 23
In the year ahead, you will have more belief in your future and in the power of what you can achieve on a day-to-day basis than you have had in over a decade. You realize now that it's all about attitude.

Virgo Aug. 24 - Sept. 23
In the next 12 months, you can boost your earnings. Believe in this. Look for ways that you can do this.

Libra Sept. 24 - Oct. 23
Once every 12 years, lucky Jupiter is in your sign. This time has arrived and will continue until next November. Enjoy your good fortune!

Scorpio Oct. 24 - Nov. 22
This is a strong month for you because the Sun is in your sign. However, the entire year is a very spiritual time for you because of Jupiter.

Sagittarius Nov. 23 - Dec. 21
It's important to know that in the next 12 months, your interactions with others will benefit you. Make friends. Join clubs and associations. Others will help you!

Capricorn Dec. 22 - Jan. 20
Look for ways to make a name for yourself in the next 12 months, because you can do this. You have a chance to impress people in power like never before.

Aquarius Jan. 21 - Feb. 19
Take every chance to travel in the next 12 months, because this is what you really want to do. You want adventure and a chance to broaden your horizons!

Pisces
Feb. 20 - March 20
You can benefit from the wealth and resources of others in the next 12 months. This also is an excellent time to get a loan or mortgage.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

			2		9			
		9				5		
2		1				7		8
3			8		6			1
5			4		7			9
7		6				2		3
		2				1		
			1		5			

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9	5	3	6	4	1	8	2	7
2	1	7	3	5	8	6	4	9
8	4	6	7	2	9	1	3	5
7	2	1	8	3	6	9	5	4
3	9	4	2	1	5	7	6	8
6	8	5	9	7	4	3	1	2
4	7	8	5	6	3	2	9	1
5	3	9	1	8	2	4	7	6
1	6	2	4	9	7	5	8	3

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55022A

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55028A

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54611A

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54896A

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